

GCSE Physical Education – Outline Programme of Study

Year 10

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Big ideas/ Topics	Physical training	Physical training	Applied anatomy and physiology	Applied anatomy and physiology	Movement analysis	Health, fitness and wellbeing

1) Health & fitness - definitions and the relationship between them 2) Components of fitness - linked to sporting examples 3) Fitness testing – reasons for/limitations/how to collect valid + reliable data 4) Principles of training and overload (SPORT and FITT)	1) Training types - Circuit, continuous, fartlek, interval, static stretching, weight training, plyometric + altitude. 2) Training intensities - anaerobic and aerobic zones 3) Injury prevention 4) Seasonal aspects – pre/competition/post season 5) Warming up and cooling down	1) Bones – names and locations, functions of the skeleton 2) Muscles – names and locations, role of tendons/ligaments 3) Synovial joints – structure and function of hinge/ball and socket joints 4) Types of movement - flexion, extension, abduction, adduction, rotation, circumduction, plantar flexion and dorsiflexion.	1) Respiratory system – pathway of air, gaseous exchange, mechanics of breathing, spirometer trace. 2) Cardiovascular system – blood vessels, structure of the heart, cardiac cycle. 3) Aerobic & anaerobic exercise – recovery and EPOC 4) Effects of exercise – immediate, short and long-term	1) Lever systems – 1st, 2nd and 3rd class – linked to sporting movements 2) Mechanical advantage – for each of the 3 lever systems 3) Analysis of movement - • elbow action in push-ups/football throw in • hip, knee and ankle action in running, kicking, standing vertical jump, basic squats • shoulder action during cricket bowling. 4) Planes and axes of movement - Identification of the relevant planes (frontal, transverse, sagittal) and axes (longitudinal, transverse, sagittal) of movement used whilst performing sporting actions	1) Physical, emotional and social health, fitness and wellbeing 2) Consequences of a sedentary lifestyle 3) Obesity and how it may affect performance 4) Somatotypes – endomorph/ectomorph/mesomorph
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Year 11

	Term 1	Term 2	Term 3	Term 4
Big ideas/ topics	Health, fitness and wellbeing	Sport psychology	Sport psychology	Sociocultural influences
Key Knowledge	1) Energy use - where we get energy from and what it is measured in. Factors that affect an individual's energy requirements 2) Nutrition – balanced diet, the role of fats, carbohydrates and protein 3) Hydration Importance/consequences of dehydration	1) Classification of skills – definitions of skill and ability. Skill continua. 2) Goal setting – performance/outcome goals. SMART targets 3) Information processing – input --> decision making --> output --> feedback 4) Guidance and feedback – manual, mechanical, visual & verbal guidance Feedback: Positive, negative, intrinsic, extrinsic, knowledge of results & knowledge of performance.	1) Arousal – inverted U theory, stress management techniques 2) Aggression - Direct and indirect. Examples of each 3) Personality - Introvert and extrovert, impact on sport 4) Motivation – intrinsic and extrinsic, sporting examples	1) Engagement patterns – in various social groups (impact of gender/race/religion/culture/age/disability/friends/family/peer) 2) Commercialisation relationship between sport, media and sponsorship Types of sponsors Types of media Positive and negative impact of sponsorship and media Positive and negative impact of technology

Further information and reading list

- AQA specification - <https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582>
- GCSE bitesize - <https://www.bbc.co.uk/bitesize/examspecs/zp49cwx>
- Revision cards - https://www.amazon.co.uk/Grade-Physical-Education-Revision-Question/dp/1789084164/ref=asc_df_1789084164/?tag=googsho21&linkCode=df0&hvadid=382812098377&hvpos=&hvnetw=g&hvrnd=2915677417785995459&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcm=825896477937&psc=1&th=1&psc=1&tag=&ref=&adgrpid=78163807877&hvpone=&hvptwo=&hvadid=382812098377&hvpos=&hvnetw=g&hvrnd=825896477937
- Revision book - https://www.amazon.co.uk/Physical-Education-Complete-Revision-Practice/dp/1789080088/ref=asc_df_1789080088/?tag=googsho21&linkCode=df0&hvadid=310977458808&hvpos=&hvnetw=g&hvrnd=2915677417785995459&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcm=825896477937
- Exam practice workbook - https://www.amazon.co.uk/GCSE-Physical-Education-Practice-Workbook/dp/178908010X/ref=sr_1_6?crid=3J090QEGF2ACH&keywords=gcse+pe+question+booklet&qid=1677440182&s=books&srefix=gcse+pe+question+booklet

Ways to support and extend student learning in this subject

- Create a flashcard/revision card after each lesson with key terms/concepts - test yourself/ask someone to test you on it
- Complete regular exam practice questions – either from past papers on AQA website or from workbook.
- Watch revision videos on topics you find difficult - <https://www.youtube.com/@TheEverLearner/videos> <https://www.youtube.com/@PlanetPEgcse>