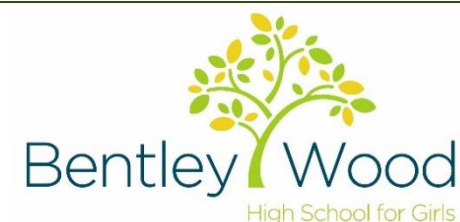


GCSE PE Department Curriculum Overview



Curriculum Overview

The Physical Education Curriculum at Bentley Wood will:

- Encompass an abundance of sports and enrichment experiences to encourage lifelong participation and a holistic development of every student
- Be inclusive and encouraging of excellence despite differences in students' needs
- Provide learning that is rich in knowledge, aided by professionals who are experts in Physical Education
- Ensures progression through regular and timely assessments that encourage students to self-reflect and take account of their own learning
- Equip students with the confidence, self-belief and passion to be driven in leading a happy and healthy lifestyle
- Challenge students to develop a sense of leadership, an ability to problem solve and to communicate their ideas effectively through improved oracy and literacy
- Develop student's personal ethics and values aiding their resilience and determination, particularly when facing challenging situations in life
- Incorporate opportunities for students to demonstrate and practice their leadership skills to prepare the for independence in further education and employment
- Establish a high profile of Physical Education across the whole school including opportunities for staff to model active and healthy lifestyles

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 9	<ul style="list-style-type: none"> • Introduction to GCSE PE • Overview of Paper 1 topics through Project Workbook 	<ul style="list-style-type: none"> • Overview of Paper 1 topics through Project Workbook 	SKELETAL AND MUSCULAR SYSTEMS <ul style="list-style-type: none"> • Name and location of major bones • Functions of the skeleton • Synovial joint structure • Joint movement 	PHYSICAL TRAINING <ul style="list-style-type: none"> • Components of fitness • Fitness testing • Types of training • Principles of training • Warm-Ups and Cool-Downs • Injury Prevention 	CARDIOVASCULAR AND RESPIRATORY SYSTEMS <ul style="list-style-type: none"> • Structure and function of the cardiovascular System • The heart and pathway of blood 	EFFECTS OF EXERCISE/ MOVEMENT ANALYSIS <ul style="list-style-type: none"> • Short term effects of exercise • Long term effects of exercise • Lever Systems

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
			<ul style="list-style-type: none"> • Location of major muscle groups • Antagonistic pairs 		<ul style="list-style-type: none"> • Heart Rate, Stroke Volume and Cardiac Output • Structure and function of the respiratory system • Aerobic and Anaerobic exercise 	Planes of movement <ul style="list-style-type: none"> • Axes of movement

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	AEP COURSEWORK <ul style="list-style-type: none"> • Analysis of components of fitness • Fitness testing and evaluation • Overview of key skills • Movement analysis • SMART Goals • Action Plan 	ETHICAL AND SOCIO-CULTURAL ISSUES IN SPORT <ul style="list-style-type: none"> • Sportsmanship, Gamesmanship and Deviance • Performance enhancing drugs • Violence in sport 	ENGAGEMENT PATTERNS <ul style="list-style-type: none"> • Factors affecting participation • Current trends in participation • Strategies to improve participation 	COMMERCIALISATION <ul style="list-style-type: none"> • Commercialisation of Sport • Impact of the media • Sponsorship in sport 	SPORT PSYCHOLOGY <ul style="list-style-type: none"> • Characteristics of skillful movement • Classification of skills • Goal Setting 	SPORT PSYCHOLOGY <ul style="list-style-type: none"> • Guidance • Feedback • Mental Preparation
	HEALTH, FITNESS AND WELLBEING <ul style="list-style-type: none"> • Health, fitness, wellbeing • Benefits of exercise • Sedentary lifestyles 	HEALTH, FITNESS AND WELLBEING <ul style="list-style-type: none"> • Diet and Nutrition 	PERSONAL EXERCISE PROGRAMME <ul style="list-style-type: none"> • Personal performance and fitness testing • Practical logs 	CARDIOVASCULAR AND RESPIRATORY SYSTEMS <ul style="list-style-type: none"> • Structure and function of the cardiovascular System 	•	•

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 11				<ul style="list-style-type: none"> • The heart and pathway of blood • Heart Rate, Stroke Volume and Cardiac Output <p>AO1/2/3 Revision and preparation for practical moderation</p>		