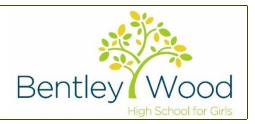
GCSE PE Department Curriculum Overview



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	 Introduction to GCSE PE Overview of Paper 1 topics through Project Workbook 	Overview of Paper 1 topics through Project Workbook	SKELETAL AND MUSCULAR SYSTEMS Name and location of major bones Functions of the skeleton Synovial joint structure Joint movement	 PHYSICAL TRAINING Components of fitness Fitness testing Types of training Principles of training Warm-Ups and Cool-Downs Injury Prevention 	CARDIOVASCULA R AND RESPIRATORY SYSTEMS Structure and function of the cardiovascular System The heart and pathway of blood	EFFECTS OF EXERCISE/ MOVEMENT ANALYSIS Short term effects of exercise Long term effects of exercise Lever Systems

Autumn	1 Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		 Location of major muscle groups Antagonistic pairs 		 Heart Rate, Stroke Volume and Cardiac Output Structure and function of the respiratory system Aerobic and Anaerobic exercise 	Planes of movement • Axes of movement

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	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 Sportsmanship, Gamesmanship and Deviance Performance enhancing drugs Violence in sport	ENGAGEMENT PATTERNS • Factors affecting participation • Current trends in participation • Strategies to improve participation	COMMERCIALISATION Commercialisation of Sport Impact of the media Sponsorship in sport	SPORT PSYCHOLOGY Characteristics of skillful movement Classification of skills Goal Setting	SPORT PSYCHOLOGY Guidance Feedback Mental Preparation
	ALTH, FITNESS AND LLBEING	HEALTH, FITNESS AND WELLBEING	PERSONAL EXERCISE PROGRAMME	CARDIOVASCULAR AND RESPIRATORY SYSTEMS	•	•
•	Health, fitness, wellbeing Benefits of exercise Sedentary lifestyles	Diet and Nutrition	Personal performance and fitness testingPractical logs	 Structure and function of the cardiovascular System 		

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 11				 The heart and pathway of blood Heart Rate, Stroke Volume and Cardiac Output AO1/2/3 Revision and preparation for practical moderation 		