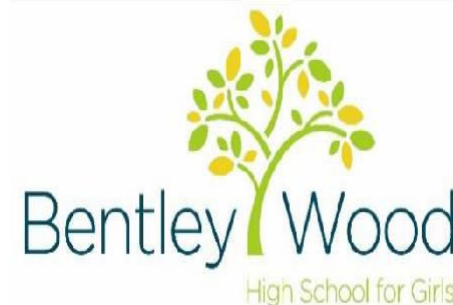


GCSE PE Department Curriculum Overview



Curriculum Overview

The GCSE Physical Education Curriculum at Bentley Wood follows the AQA GCSE PE specification and requires students to study both theoretical aspects of sport and being practical assessment in sport. It is 60% theory where students sit 2 exam papers and 40% practical. The practical involves being assessed in 3 sports (10% per sport) out of 25 and writing a piece of coursework (10%).

Theoretical knowledge will include:

Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
understand how the physiological and psychological state affects performance in physical activity and sport
perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/ or compositional ideas
develop their ability to analyse and evaluate to improve performance in physical activity and sport
understand the contribution which physical activity and sport make to health, fitness and well-being
understand key socio-cultural influences which can affect people's involvement in physical activity and sport.

The sports that are taught in practical lessons are:

Table tennis (with a coach)

Netball

Trampolining

Athletics

During the practical lessons, teachers break down the skills students will need for their practical assessment in each of the above sports as well as teach tactics and strategies students will need to apply to be successful in a game situation.

It is highly recommended that students studying GCSE PE are part of a sports team either in school or outside of school. This has proven to increase their overall practical grade, which results in students gaining a higher grade at the end of the course.

There is a compulsory GCSE club that takes place after school which all students studying GCSE PE must attend as this enhances their skills and knowledge even more.

		Term 1	Term 2	Term 3
Year 9		Theory (1 double every 2 weeks) <ul style="list-style-type: none"> • Introduction to GCSE PE • Name and location of bones and muscles • Structure and functions of the skeleton • Structure of a joint and the different types of joints • How the muscular and skeletal system 	Theory (1 double every 2 weeks) <ul style="list-style-type: none"> • Health and fitness • Components of fitness and linking these to sports • Fitness testing and practically doing the tests and collecting them results 	Theory (1 double every 2 weeks) <ul style="list-style-type: none"> • The principles of training and their application to personal exercise/training programmes • Effective use of a warm up and cool down • Command words (exam preparation)
		Practical (1 double every week) <ul style="list-style-type: none"> • Netball • Table tennis 	Practical (1 double every week) <ul style="list-style-type: none"> • Trampolining • Netball 	Practical (1 double every week) <ul style="list-style-type: none"> • Table tennis • Athletics
Year 10		Theory (1 double every week) <ul style="list-style-type: none"> • Classification of skills • The use of goal setting and SMART targets • Guidance and feedback on performance 	Theory (1 double every week) <ul style="list-style-type: none"> • Mental preparation for performance • Commercialisation of sport • Engagement patterns of different social groups in sport • Command words (exam preparation) 	Theory (1 double every week) <ul style="list-style-type: none"> • Basic information processing • Ethical and socio-cultural issues in sport • Coursework
		Practical (1 double every 2 weeks) <ul style="list-style-type: none"> • Netball • Table tennis 	Practical (1 double every 2 weeks) <ul style="list-style-type: none"> • Trampolining • Netball 	Practical (1 double every 2 weeks) <ul style="list-style-type: none"> • Table tennis • Athletics
Year 11		Theory (1 double every week) <ul style="list-style-type: none"> • Physical, emotional and social health, fitness and wellbeing • Consequences of sedentary lifestyle • Energy use, diet, nutrition and hydration • The structure and functions of the cardio-respiratory system • Use of data 	Theory (1 double every 2 weeks) <ul style="list-style-type: none"> • Anaerobic and aerobic exercise • The short and long term effects of exercise • Lever systems and the mechanical advantage • Planes and axes of movement • Coursework 	Theory: <ul style="list-style-type: none"> • Command words (exam preparation) • Revision on topics
		Practical (1 double 2 every weeks) <ul style="list-style-type: none"> • Netball • Table tennis 	Practical (1 double every week) <ul style="list-style-type: none"> • Trampolining • Athletics 	Practical <ul style="list-style-type: none"> • Preparation for final moderation