



CURRICULUM PLAN

GCSE PE

BRAMHALL HIGH SCHOOL

Curriculum Intent

The PE curriculum aims to encourage all pupils to actively engage in lifelong physical activity. Students in Yr10 may choose to opt for our AQA GCSE PE course. This course involves 60 % theory which includes two written papers and a practical element which involves student being assessed in 3 activities which includes 2 individual activities and 1 team or 2 team and 1 individual.

Academic Year: 2022-2023

Review Date: September 2023

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YEAR 10

Term	Programme of Learning	Links to the National Curriculum / Specification / Additional	Assessments	What extra learning opportunities are planned?	Disciplinary Literacy
Term 1a	<p>Paper 1: Chapter 1: Skeletal system, cardio-respiratory system.</p> <p>Aerobic and anaerobic exercise,</p> <p><u>Practical</u></p> <p>Badminton</p> <p>Table tennis</p>	AQA Specification	<p>End of unit tests</p> <p>Topic based exam questions</p> <p>Football Practical Moderation</p>	<p>Extra-curricular activities for GCSE practicals: Football</p> <p>Netball</p> <p>Hockey</p> <p>Badminton</p> <p>Table tennis</p> <p>Trampolining</p>	<p>*Ligament</p> <p>*Diffusion</p> <p>*Expiration</p> <p>*Aerobic</p>
Term 1b	<p>Immediate, short and long term effects of exercise, EPOC and the recovery process</p> <p>Chapter 2 – Movement analysis, Levers, mechanical advantage, planes, axis, muscular system</p>	AQA Specification	<p>End of unit tests</p> <p>Topic based exam questions</p> <p>Badminton moderation</p> <p>Table Tennis moderation</p> <p>External practical assessments</p>	<p>Extra-curricular activities for GCSE practicals: Football</p> <p>Netball</p> <p>Hockey</p> <p>Badminton</p> <p>Table tennis</p> <p>Trampolining</p>	<p>*Agonist</p> <p>*Antagonist</p> <p>*Concentric</p> <p>*Isometric</p>

<p>Term 2a</p>	<p>Chapter 3: Physical training: health and fitness, components of fitness, fitness tests and limitations of testing</p> <p>Practical: Badminton, Football and Handball</p>	<p>AQA Specification</p>	<p>End of unit tests Topic based exam questions</p> <p>Netball moderation</p>	<p>Extra-curricular activities for GCSE practicals: Football Netball Hockey Badminton Table tennis Trampolining</p>	<p>*Cardio vascular *Fitness *Flexibility *Agility</p>
<p>Term 2b</p>	<p>Chapter 3: Methods of training, principles of training, training year, warm up and cool down.</p> <p>Paper 1: Chapter 1: Skeletal system, muscular system, cardio vascular system and respiratory system.</p> <p>Exam preparation for Yr10 Exams. Application of knowledge and exam technique for Paper 1</p>	<p>AQA Specification</p>	<p>Year 10 Mock Exam Paper 1</p> <p>End of unit tests Topic based exam questions</p> <p>Football moderation</p>	<p>Extra-curricular activities for GCSE practicals: Football Netball Hockey Badminton Table tennis Trampolining</p>	<p>*Continuous training *Interval *Progressive overload *Periodisation</p>

	Practical Table tennis				
Term 3a	<p>NEA course work: analysis for strengths and weaknesses</p> <p>Practical: Athletics</p> <p>Ch4: Sports Psychology: Skills, SMART targets, information processing model, guidance, feedback</p>	AQA Specification	<p>Feedback based on NEA</p> <p>Athletics moderation</p>	<p>Extra-curricular activities for GCSE summer sports: Cricket Athletics Tennis</p>	<p>*Gamesmanship</p> <p>*Motivation</p> <p>*Processing</p> <p>*Psychological</p>
Term 3b	<p>Ch4: Sports Psychology: Aggression, arousal, motivation, personality</p> <p>Completion of evaluation: method of training and theory</p> <p>Athletics assessment complete</p>	AQA Specification	<p>Feedback based on NEA</p> <p>End of unit test</p>	<p>Extra-curricular activities for GCSE summer sports: Cricket Athletics Tennis</p>	<p>*Arousal</p> <p>*Extrovert</p> <p>*Visualisation</p> <p>*Imagery</p>

YEAR 11

Term	Programme of Learning	Links to the National Curriculum / Specification / Additional	Assessments	What extra learning opportunities are planned?	Disciplinary Literacy
Term 1a	<p>Recap chapter 4 test</p> <p>Paper 2: Chapter 5: sporting behaviour, etiquette, sportsmanship, gamesmanship & contract to compete, PEDS Hooliganism and spectator behaviour</p> <p>Participation in sport</p> <p>Paper 2: Chapter 6: Health and Fitness, physical, social, and mental well being. Obesity, sedentary lifestyle, somatotype and diet</p> <p>Practical: Badminton and table tennis Football moderation</p>	AQA Specification	Topic based exam questions	Extra-curricular activities for GCSE practicals: Football Netball Hockey Badminton Table tennis Trampolining Tennis	<p>*Explain</p> <p>*Anabolic steroids</p> <p>*Narcotic analgesics</p> <p>*Stimulant</p>

<p>Term 1b</p>	<p>Mock Exam Preparation for paper 1 & 6 markers for paper 2</p> <p>Completion of written analysis</p> <p>Commercialisation of physical activity and sport & technological developments of sport</p> <p>Practical intervention: Trampolining, badminton, netball, football,</p>	<p>AQA Specification</p>	<p>Past exam papers and exam pro questions</p>	<p>Extra-curricular activities for GCSE practicals: Rugby Football Netball Hockey Badminton Table tennis Trampolining</p>	<p>*Analyse *Evaluate *Define</p> <p>*Commercialisation</p>
<p>Term 2a</p>	<p>Practical Assessment finalised for each student</p> <p>Focus on Mock exam feedback</p> <p>Revision: Past exam questions from Zigzag</p> <p>Focus on Paper 1</p>	<p>AQA Specification</p>	<p>Past exam questions</p>	<p>Extra-curricular activities for GCSE practicals: Rugby Football Netball Hockey Badminton Table tennis Trampolining</p> <p>Practical lunchtime and after school interventions – table tennis, badminton, netball, hockey, football</p>	<p>*Justify</p> <p>*Mechanical advantage *Eccentric *Tendon</p>

<p>Term 2b</p>	<p>External practical moderation</p> <p>Past exam questions from Zigzag</p> <p>Revision for paper 2</p> <p>Complete mock paper 2</p>	<p>AQA Specification</p>	<p>Zigzag practice questions</p>	<p>Extra-curricular activities for GCSE practicals: Rugby Football Netball Hockey Badminton Table tennis Trampolining</p> <p>Practical lunchtime and after school interventions – table tennis, badminton, netball, hockey, football</p> <p>Easter intervention</p>	<p>*Describe *Structure *Detailed *Distinguish</p>
<p>Term 3a</p>	<p>Completion of previous exam paper</p> <p>Complete mock paper 1</p> <p>Complete mock paper 2</p>	<p>AQA Specification</p>	<p>Practice exam questions</p>	<p>Extra-curricular activities for GCSE summer sports: Cricket Athletics Tennis</p>	