

SUBJECT: GCSE Physical Education – Autumn Term



	Autumn Term 1		Autumn Term 2	
Topic	<p>Component 1 – Applied anatomy and physiology.</p> <ul style="list-style-type: none"> • The Skeletal System • The Muscular System • Movement Patterns 	<p>Component 2 – Socio-cultural Issues</p> <ul style="list-style-type: none"> • Trends in participation. • Factors affecting participation. 	<p>Component 1 – Applied anatomy and physiology.</p> <ul style="list-style-type: none"> • Movement analysis - planes, levers, axes. 	<p>Component 2 – Socio-cultural Issues</p> <ul style="list-style-type: none"> • Strategies to increase participation. • Most popular sports.
Assessment	<p><u>Progress Check – w/c 30th September 2019</u></p> <p>Assessment: 15 minute key terminology, definitions and labelling test</p> <p><u>Milestone – w/c 21st October 2019</u></p> <p>Assessment: 6 mark extended question discussing the role of different systems in movement patterns for different sports</p>	<p><u>Progress Check – w/c 30th September 2019</u></p> <p>Assessment: 10 minute key terminology, facts and definitions test.</p> <p><u>Milestone – w/c 21st October 2019</u></p> <p>Assessment: 6 mark extended question discussing the factors that affect participation.</p>	<p><u>Progress Check – w/c 18th November 2019</u></p> <p>Assessment: 15 minute key terminology, definitions and labelling test</p> <p><u>Milestone – w/c 9th December 2019</u></p> <p>Assessment: 1 hour end of topic test. The test will comprise of a series of multiple choice, short and extended exam questions.</p>	<p><u>Progress Check – w/c 18th November 2019</u></p> <p>Assessment: 10 minute key terminology, facts and definitions test.</p> <p><u>Milestone – w/c 9th December 2019</u></p> <p>Assessment: 1 hour end of topic test. The test will comprise of a series of multiple choice, short and extended exam questions.</p>

SUBJECT: GCSE Physical Education – Spring Term



	Spring Term 1		Spring Term 2	
Topic	<p>Component 1 – Applied anatomy and physiology.</p> <ul style="list-style-type: none"> Physical Training - Components of fitness 	<p>Component 2 – Socio-cultural Issues</p> <ul style="list-style-type: none"> Commercialisation of sport. Media Sponsorship 	<p>Component 1 – Applied anatomy and physiology.</p> <ul style="list-style-type: none"> Physical Training Training Methods Principles of Training 	<p>Component 2 – Socio-cultural Issues</p> <ul style="list-style-type: none"> Ethics and deviance Performance enhancing drugs Violence Sportsmanship and gamesmanship
Assessment	<p><u>Progress Check – w/c 3rd February 2020</u></p> <p>Assessment: 6 mark question discussion why different sports/sporting roles require different components of fitness.</p>	<p><u>Progress Check – w/c 3rd February 2020</u></p> <p>Assessment: 6 mark extended question discussing the positive and negative impacts of commercialisation on sport.</p>	<p><u>Milestone – w/c 9th March 2020</u></p> <p>Assessment: 1 hour test covering topics taught during the Autumn and Summer term. The test will comprise of a series of multiple choice, short and extended exam questions.</p>	<p><u>Milestone – w/c 9th March 2020</u></p> <p>Assessment; 1 hour test covering topics taught during the Autumn and Summer term. The test will comprise of a series of multiple choice, short and extended exam questions.</p>

SUBJECT: GCSE Physical Education – Summer Term



	Summer Term 1		Summer Term 2	
Topic	<p>Component 1 – Applied anatomy and physiology.</p> <ul style="list-style-type: none"> • Warm up and Cool Down • Injuries and Injury Prevention 	<p>Component 2 – Socio-cultural Issues</p> <ul style="list-style-type: none"> • Sports psychology • Classification of skill • Characteristics of skillful movement 	<p>Component 1 – Applied anatomy and physiology.</p> <ul style="list-style-type: none"> • Coursework 	<p>Component 2 – Socio-cultural Issues</p> <ul style="list-style-type: none"> • Sports psychology • Goal Setting • Guidance
Assessment	<p><u>Progress Check – w/c 4th May 2020</u></p> <p>Assessment: 15 minute key terminology, facts and definitions test.</p> <p><u>Milestone – w/c 18th May 2020</u></p> <p>Assessment: 6 mark extended question discussing how/why injuries occur and how they can be prevented</p>	<p><u>Progress Check – w/c 4th May 2020</u></p> <p>Assessment: 15 minute key terminology, facts and definitions test.</p> <p><u>Milestone – w/c 18th May 2020</u></p> <p>Assessment: 6 mark extended question discussing the impact of sportsmanship and gamesmanship.</p>	<p><u>Progress Check – w/c 1st June 2020</u></p> <p>Assessment: 15 minute key terminology, facts and definitions test</p> <p><u>Milestone – w/c 15th June 2019</u></p> <p>Assessment: Mock Exam. 1 hour full past paper as released by OCR.</p>	<p><u>Progress Check – w/c 1st June 2020</u></p> <p>Assessment: 15 minute key terminology, facts and definitions test.</p> <p><u>Milestone – w/c 15th June 2019</u></p> <p>Assessment: Mock Exam. 1 hour full past paper as released by OCR.</p>

SUBJECT: GCSE Physical Education Year 10 Component 1



<u>Term</u>	<u>Topic</u>	<u>Assessment</u>	<u>Approx. Date for Diary - W/C</u>
Autumn 1	The Skeletal System The Muscular System Movement Patterns	Progress Check - 15 Minute Fact Test Milestone - 6 mark question discussing movement patterns in different sports.	<u>30/09/2019</u> <u>21/10/2019</u>
Autumn 2	Movement Analysis - Planes, Levers and Axes	Progress Check - 15 minute fact test Milestone - 1 hour end of topic test	<u>18/11/2019</u> <u>09/12/2019</u>
Spring 1	Components of Fitness	Progress Check - 6 mark question discussing why different sports/sporting roles require different components of fitness	<u>03/02/2020</u>
Spring 2	Principles of Training Training Methods	Milestone - 1 hour test covering Autumn and Spring Term topics.	<u>09/03/2020</u>
Summer 1	Warm Up and Cool Down Injuries and Injury Prevention	Progress Check - 15 minute Fact Test Milestone - 6 mark question discussion why injuries occur and how they can be prevented.	<u>04/05/2020</u> <u>18/05/2020</u>
Summer 2	Coursework	Progress Check - 15 minute Fact Test Milestone - 1 Hour Mock Exam	<u>01/06/2020</u> <u>15/06/2020</u>

SUBJECT: GCSE Physical Education Year 10 Component 2



<u>Term</u>	<u>Topic</u>	<u>Assessment</u>	<u>Approx. Date for Diary - W/C</u>
Autumn 1	Trends in participation Factors affecting participation	<u>Progress Check</u> - 10 Minute Fact Test. <u>Milestone</u> - 1 x 6 mark extended answer discussing factors that affect participation.	<u>1/10/2018</u> <u>22/10/2018</u>
Autumn 2	Strategies to increase participation. Most popular sports.	<u>Progress Check</u> - 10 Minute Fact Test. <u>Milestone</u> - 1 hour end of topic test comprising of a series of multiple choice, short and extended questions.	<u>19/11/2018</u> <u>3/12/2018</u>
Spring 1	Commercialisation Sponsorship Media	<u>Progress Check</u> - 6 mark extended question discussing the positive and negative impacts of commercialisation on sport.	<u>4/2/2019</u>
Spring 2	Ethics in Sport Violence Performance Enhancing Drugs Sportsmanship and gamesmanship	<u>Milestone</u> - 1 hour test covering topics taught during the Autumn and Summer term. The test will comprise of a series of multiple choice, short and extended exam questions.	<u>18/3/2019</u>
Summer 1	Sports Psychology Classification of Skill Characteristics of Skill	<u>Progress Check</u> - 15 minute key terminology, facts and definitions test. <u>Milestone</u> - 6 mark extended question discussing the impact of sportsmanship and gamesmanship	<u>29/4/2019</u> <u>20/5/2019</u>
Summer 2	Sports Psychology Goal Setting Guidance	<u>Progress Check</u> - 15 minute key terminology, facts and definitions test. <u>Milestone</u> - Mock Exam. 1 hour full past paper as released by OCR.	<u>3/6/2019</u> <u>10/6/2019</u>