

SUBJECT: GCSE Physical Education – Autumn Term



	Autumn Term 1		Autumn Term 2	
Topic	<p><b>Component 1 – Applied anatomy and physiology.</b></p> <ul style="list-style-type: none"> <li>• Cardiovascular System</li> <li>• Respiratory System</li> </ul>	<p><b>Component 2 – Socio-cultural Issues</b></p> <ul style="list-style-type: none"> <li>• Sports Psychology</li> <li>• Guidance</li> <li>• Feedback</li> <li>• Mental Preparation</li> </ul>	<p><b>Component 1 – Applied anatomy and physiology.</b></p> <ul style="list-style-type: none"> <li>• Short term effects of exercise</li> <li>• Long term effects of exercise</li> </ul>	<p><b>Component 2 – Socio-cultural Issues</b></p> <ul style="list-style-type: none"> <li>• Health, Fitness and Well-being.</li> <li>• Social, emotional and physical benefits of physical activity.</li> </ul>
Assessment	<p><u>Progress Check – w/c 23<sup>rd</sup> September 2019</u></p> <p><b>Assessment:</b> 15 minute key terminology, facts and definitions test.</p> <p><u>Milestone – w/c 7<sup>th</sup> October 2019</u></p> <p><b>Assessment:</b> 1 hour end of topic comprising of previous exam questions that include multiple choice, short and extended answers.</p>	<p><u>Progress Check – w/c 23<sup>rd</sup> September 2019</u></p> <p><b>Assessment:</b> 15 minute key terminology, facts and definitions test.</p> <p><u>Milestone – w/c 7<sup>th</sup> October 2019</u></p> <p><b>Assessment:</b> 1 hour end of topic comprising of previous exam questions that include multiple choice, short and extended answers.</p>	<p><u>Progress Check – w/c 25<sup>th</sup> November 2019</u></p> <p><b>Assessment:</b> 15 minute key terminology, facts and definitions test.</p>	<p><u>Progress Check – w/c 25<sup>th</sup> November 2019</u></p> <p><b>Assessment:</b> 15 minute key terminology, facts and definitions test.</p>



**SUBJECT: GCSE Physical Education – Spring Term**

	Spring Term 1		Spring Term 2	
Topic	<b>Component 1 – Applied anatomy and physiology.</b> <ul style="list-style-type: none"> <li>• Practical Preparation/Revision</li> <li>• Coursework</li> </ul>	<b>Component 2 – Socio-cultural Issues</b> <ul style="list-style-type: none"> <li>• Diet and nutrition.</li> <li>• Food sources.</li> <li>• Energy balance</li> <li>• Food Groups</li> </ul>	<b>Component 1 – Applied anatomy and physiology.</b>  Practical Preparation/Revision	<b>Component 2 – Socio-cultural Issues</b>  Practical Preparation/Revision
Assessment	<p><u>Milestone – w/c 13<sup>th</sup> January 2020</u></p> <p><b>Assessment:</b> Mock Exam. Full 1 hour past exam paper as released by OCR.</p> <p><u>Progress Check – w/c 10<sup>th</sup> February 2020</u></p> <p><b>Assessment:</b> 30 minute terminology test across the whole component.</p>	<p><u>Milestone – w/c 13<sup>th</sup> January 2020</u></p> <p><b>Assessment:</b> Mock Exam. Full 1 hour past exam paper as released by OCR.</p> <p><u>Progress Check – w/c 10<sup>th</sup> February 2020</u></p> <p><b>Assessment:</b> 30 minute end of topic terminology test.</p>	<p><u>Progress Check – w/c 9<sup>th</sup> March 2020</u></p> <p><b>Assessment:</b> 20 minute key terminology, facts and definitions test.</p> <p><u>Milestone – w/c 30<sup>th</sup> March 2020</u></p> <p><b>Assessment:</b> Full 1 hour past exam paper as released by OCR.</p>	<p><u>Progress Check – w/c 9<sup>th</sup> March 2020</u></p> <p><b>Assessment:</b> 20 minute key terminology, facts and definitions test.</p> <p><u>Milestone – w/c 30<sup>th</sup> March 2020</u></p> <p><b>Assessment:</b> Full 1 hour past exam paper as released by OCR.</p>

**SUBJECT: GCSE Physical Education - Summer Term**



<b>Summer Term 1</b>		
<b>Topic</b>	<b>Component 1 - Applied anatomy and physiology.</b> Revision	<b>Component 2 - Socio-cultural Issues</b> Revision
<b>Assessment</b>	<b>Assessment:</b> External exam approximate date	<b>Assessment:</b> External exam approximate date

**SUBJECT: GCSE Physical Education Year 11 Component 1**



<u>Term</u>	<u>Topic</u>	<u>Assessment</u>	<u>Approx. Date for Diary - W/C</u>
<b>Autumn 1</b>	Cardiovascular System Respiratory System	<b><u>Progress Check</u></b> - 15 minute key terminology, facts and definitions test. <b><u>Milestone</u></b> - 1 hour end of topic comprising of previous exam questions that include multiple choice, short and extended answers	<u>23/09/2019</u> <u>07/10/2019</u>
<b>Autumn 2</b>	Short Term Effects of Exercise Long Term Effects of Exercise	<b><u>Progress Check</u></b> - 15 minute key terminology, facts and definitions test.	<u>25/11/2019</u>
<b>Spring 1</b>	Revision/Practical Preparation/Coursework	<b><u>Milestone</u></b> - Mock Exam. Full 1 hour past exam paper as released by OCR. <b><u>Progress Check</u></b> - 30 minute terminology test across the whole component.	<u>13/01/2020</u> <u>10/02/2020</u>
<b>Spring 2</b>	Revision/Practical Preparation	<b><u>Progress Check</u></b> - _20 minute key terminology, facts and definitions test. <b><u>Milestone</u></b> - Full 1 hour past exam paper as released by OCR.	<u>09/03/2020</u> <u>30/03/2020</u>
<b>Summer 1</b>	Revision	<b><u>External Exam</u></b>	



**SUBJECT: GCSE Physical Education Year 11 Component 2**

<u>Term</u>	<u>Topic</u>	<u>Assessment</u>	<u>Approx. Date for Diary - W/C</u>
<b>Autumn 1</b>	Sports Psychology Guidance Feedback Mental Preparation	<b><u>Progress Check</u></b> - 15 minute key terminology, facts and definitions test. <b><u>Milestone</u></b> - 1 hour end of topic comprising of previous exam questions that include multiple choice, short and extended answers.	<u>23/09/2019</u> <u>07/10/2019</u>
<b>Autumn 2</b>	Health, Fitness and Well-being. Social, emotional and physical benefits of physical activity	<b><u>Progress Check</u></b> - 15 minute key terminology, facts and definitions test.	<u>25/11/2019</u>
<b>Spring 1</b>	Diet and nutrition. Food sources. Energy balance Food Groups	<b><u>Milestone</u></b> - Mock Exam. Full 1 hour past exam paper as released by OCR. <b><u>Progress Check</u></b> - 30 minute end of topic terminology test.	<u>13/01/2020</u> <u>10/02/2020</u>
<b>Spring 2</b>	Practical Preparation/Revision	<b><u>Progress Check</u></b> - _20 minute key terminology, facts and definitions test. <b><u>Milestone</u></b> - Full 1 hour past exam paper as released by OCR.	<u>09/03/2020</u> <u>30/03/2020</u>
<b>Summer 1</b>	Revision	<b><u>External Exam</u></b>	