



# GCSE PHYSICAL EDUCATION



Final moderations to take place before NEA mark submission end of March /80

**Flipped learning:** Content is revisited with a focus on areas requiring further improvement.



## NETBALL/ PRACTICAL MODERATIONS

### SPRING 2

Year 11 PPE Exams

## REVISION

## SUMMER TERMS

## EXAMS

PROGRESSION



**EXAM QUESTION PRACTICE:**  
A heavy focus on command words, interpreted questions and structure of answers.

End of Unit Test /30

- 2.3 Health, Fitness & Wellbeing**
- Physical, social & emotional health.
  - Diet & nutrition



### SPRING 1

## 2.3 Health, Fitness & Wellbeing

End of Unit Test /30

### 2.1.c Ethical Issues

- Ethics
- Drugs
- Violence



End of Unit Test /30



### 2.1.b Commercialisation

- Media
- Sponsorship



Internal Moderation & Cross Moderation

Year 11 PPE Exams

End of Unit Test /30

- 2.1.a Engagement Patterns**
- Trends
  - Barriers to participation
- Promotion, provision & access



## 2.2 Sports Psychology

- Motor Skills
- Characteristics of skilful movement
- Skill classification
- Goal setting
- Mental preparation
- Guidance
- Feedback

End of Unit Test /30

## 2.2 Sports Psychology

## AEP

**Movement Analysis**  
Major joints.  
Skill classification.



## AUTUMN TERM 2

## 2.1 Socio-Cultural Influences

## PRACTICAL ASSESSMENT



Internal Moderation & Cross Moderation

- Posture & Finish**
- Relaxed
  - Dip
- Arm & Leg Action**
- Foot strike (adv)
  - Cadence (adv)
  - Stride pattern/pacing (adv)



## AUTUMN TERM 1

## ATHLETICS



- Sprint Starts:**
- Crouch (core)
  - Blocks (adv)

YEAR 11

PPE REVIEW

Year 10 PPE Exams

End of Unit Test /30

End of Unit Test /30



- 1.1.e Effects of Exercise**
- Short term effects
  - Long term effects



## SUMMER TERM 2

End of Unit Test /30



- 1.1.d Cardiovascular System:**
- Blood vessels
  - Pathway of blood
  - Cardiac volumes

End of Unit Test /30

- 1.1.c Movement Analysis**
- Lever systems
  - Planes of movement
  - Axes of rotation



## SUMMER TERM 1

End of Unit Test /30

- 1.1.b Muscular System**
- Location of major muscles
  - Role of muscles in movement



- 1.1.a Skeletal System**
- Location of major bones
  - Function of the skeleton
  - Synovial joints
  - Joint actions



## 1.2 Physical Training

## SPRING TERM 2

## AEP

**Action Plan**  
Improvement of weak skill/fitness



End of Unit Test /30

- 1.2.c Prevention of Injury**
- Methods to prevent injury
  - Hazards in sporting facilities



- 1.2.b Principles of Training:**
- SPORT/FITT
  - Methods of training
  - Components and benefits of a warm up and cool down.



## 1.2 Physical Training

End of Unit Test /30

- 1.2.a Components of Fitness:**
- 10 fitness types
  - Sporting application
  - Fitness testing



## 1.2 Physical Training

## AUTUMN TERM 2

End of Unit Test /30

## AEP

**Evaluation & Analysis:**  
Strength & weaknesses of physical fitness.  
Importance of fitness components to performance in chosen sport.



Year 10 PPE Exams

**PHYSICAL PERFORMANCE 30%**  
Sports are marked /20  
1 team sport  
1 individual sport  
1 of either choice  
Approved activity list



YEAR 10

**Sports Audit:**  
What sports do you already compete in?

## AUTUMN TERM 1

## NETBALL

## Defence:

- Marking a player with the ball (core)
- Shadowing (adv)
- Interception (adv)
- Marking a player without the ball (adv)

- Position specific:**
- Shooting stationary (core)
  - Stepping (adv)
  - Rebounds (core)

**Passing over short distance (core), over mid-long distance (adv).**

- Chest
- Overhead
- Bounce
- Shoulder

## Ball Handling:

- Catching whilst stationary (core)
- Catching on the run and in the air (adv)

## Footwork:

- Stopping/landing (core)
- Pivoting (core)
- Dodging (core)

**Introduction to the Course:**

- 30% Factors Affecting Performance (1hr Exam)
- 30% Socio-cultural issues (1hr Exam)
- 10% Analysis and Evaluation of Performance (14 hr project)
- 30% Physical Performance (3 sports)

*\*We strongly recommend that you compete in 2 sports regularly to join the course\**