



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

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



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



- ### 2.2 Sports Psychology
- Motor Skills
 - Characteristics of skillful movement
 - Skill classification
 - Goal setting
 - Mental preparation
 - Guidance
 - Feedback

End of Unit Test /30

2.2 Sports Psychology



2.1.c Ethical Issues

- Ethics
- Drugs
- Violence

End of Unit Test /30



2.1.b Commercialisation

- Media
- Sponsorship

Year 11 PPE Exams

End of Unit Test /30

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

AEP

Movement Analysis

Major joints.
Skill classification.

AUTUMN TERM 2

2.1 Socio-Cultural Influences



PRACTICAL ASSESSMENT



Internal Moderation & Cross Moderation

AUTUMN TERM 1

ATHLETICS

YEAR 11

PPE REVIEW



Posture & Finish

Arm & Leg Action

Sprint Starts:

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

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

- ### 1.1.d Respiratory System:
- Pathway of air
 - Gaseous exchange
 - Mechanics of breathing
 - Lung volumes



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

Year 10 PPE Exams

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



End of Unit Test /30

SUMMER TERM 1

End of Unit Test /30

SUMMER TERM 2

End of Unit Test /30

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



End of Unit Test /30

1.2 Physical Training

SPRING TERM 2

AEP

SPRING TERM 1

End of Unit Test /30

1.2 Physical Training

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

End of Unit Test /30

Evaluation & Analysis:

Strength & weaknesses of physical fitness.
Importance of fitness components to performance in chosen sport.

PRACTICAL ASSESSMENT

Internal Moderation & Cross Moderation

Game Play

AEP



Overview & Assessment

Key skills in chosen sport.
Strengths & weakness of key skills.

1.2 Physical Training

AUTUMN TERM 2

AEP

Year 10 PPE Exams

- ### 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)

Sports Audit:

What sports do you already compete in?



YEAR 10

PHYSICAL PERFORMANCE 30%

Sports are marked /20

- 1 team sport
- 1 individual sport
- 1 of either choice

Approved activity list

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