Year 10 GCSE PE

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| Term | Theme | What students will learn | Key assessment | How you can support your child |
| 1 | Component 1: Fitness & Body Systems | Topic 1: Applied Anatomy & Physiology | Regular internal assessment plus use of practical lessons to test & consolidate knowledge. | Purchase specific Edexcel PE text books  Ensure homework is being completed on time and to best ability |
| 2 | Component 1: Fitness & Body Systems | Topic 2: Movement Analysis | Regular internal assessment plus use of practical lessons to test & consolidate knowledge.  Year 10 Assessment Week | Recall knowledge of key terms and definitions  Explaining trends in data |
| 3 | Component 1: Fitness & Body Systems | Topic 3: Physical Training | Regular internal assessment plus use of practical lessons to test & consolidate knowledge. | Linking theoretical knowledge into practical movement |
| 4 | Component 2: Topic 1 & 2: Health, Fitness & Wellbeing; Sports Psychology | Topic 1: Health, fitness & wellbeing  Topic 2:Sport psychology | Regular internal assessment plus use of practical lessons to test & consolidate knowledge. | Use of News events in sports to reinforce learning.  Attend sporting clubs both in and outside of school |
| 5 | Component 3 & 4 Practical Assessment of Sports & PEP (Personal Exercise Programme) | Demonstrate skills in isolation and game play to secure practical grade  To apply theoretical knowledge & improve level of fitness through delivery of PEP | Practical videoed performance in practical sport each worth 10% of final grade.  6 weeks monitored training programme. 2 forms of assessments; Written or verbal. 10% of qualification | Use grading criteria on website to help pupils understand how they can gain higher marks  Ensure that work is being completed prior to lesson. Detailed training plan is in place. |
| 6 | PEP (Personal Exercise Programme | Opportunity to use and apply acquired theoretical knowledge and improve level of fitness.  Help improve fitness for practical sports | 6 week monitored training programme  2 forms of assessment:  Written, maximum of 1500 words (not including graphs, charts tables or training forms)  Verbal- recorded lasting no longer than 15 minutes  10% of Qualification | Ensure that work is being completed prior to lesson. Training plan is in place. |

Year 11

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| Term | Theme | What students will learn | Key assessment | How you can support your child |
| 1 | Component 2: Topic 3: Socio-Cultural Influences | Topic 3: Socio-Cultural Influences | Regular internal assessment plus use of practical lessons to test & consolidate knowledge. | Watch different sports on YouTube or TV |
| 2 | Component 2:Health & Performance | Topic 1: Health, Fitness & Well-Being  Topic 2: Sport psychology  Topic 3: Socio-Cultural influences | Regular internal assessments throughout this period  Year 11 Mock Exam | Testing recall knowledge of definitions, explaining trends in data |
| 3 | Component 1: Fitness and Body Systems | Topic 1: Applied Anatomy & Physiology  Topic 2: Movement Analysis  Topic 3: Physical Training | Regular internal assessment, use of practical lessons to test knowledge.  Year 11 Mock Exam | Linking theoretical knowledge into practical movement patterns  Use of News events in Sports to re-enforce learning  e.g. types of drugs |
| 4 | Practical Assessment of sports-  Normally Externally moderated in March | Use their skills and understanding to ensure that they meet the practical grading criteria.  Be able to apply individual skills in a game situation | Practical videoed performance in practical sports each worth 10% of final grade | Use the criteria on website to help pupils understand how they can gain higher marks |
| 5 | Revision of the course | How to correctly answer exam questions using newly acquired knowledge | Provisional Exam Date  Paper 1: Fitness & Body Systems Wednesday 15th May AM 1hr 30mins  36% of Qualification  Paper 2: Health & Performance  Friday 17th May PM 1hr 15mins  24% of Qualification | Regular attendance at lessons and afterschool revision sessions. |