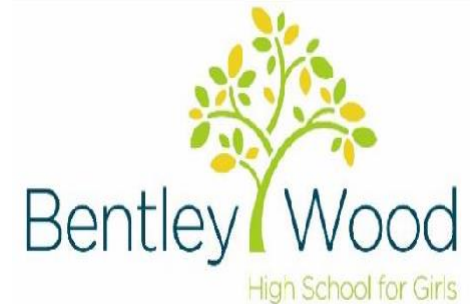


GCSE PE Department Curriculum Overview



Curriculum Overview

The GCSE Physical Education Curriculum at Bentley Wood follows the AQA GCSE PE specification and requires students to study both theoretical aspects of sport and being practical assessment in sport. It is 60% theory where students sit 2 exam papers and 40% practical. The practical involves being assessed in 3 sports (10% per sport) out of 25 and writing a piece of coursework (10%).

Theoretical knowledge will include:

Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
understand how the physiological and psychological state affects performance in physical activity and sport
perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/ or compositional ideas
develop their ability to analyse and evaluate to improve performance in physical activity and sport
understand the contribution which physical activity and sport make to health, fitness and well-being
understand key socio-cultural influences which can affect people's involvement in physical activity and sport.

The sports that are taught in practical lessons are:

Table tennis (with a coach)

Netball

Trampolining

Badminton

During the practical lessons, teachers break down the skills students will need for their practical assessment in each of the above sports as well as teach tactics and strategies students will need to apply to be successful in a game situation.

It is highly recommended that students studying GCSE PE are part of a sports team either in school or outside of school. This has proven to increase their overall practical grade, which results in students gaining a higher grade at the end of the course.

There is a compulsory GCSE club that takes place after school which all students studying GCSE PE must attend as this enhances their skills and knowledge even more.

		Term 1	Term 2	Term 3
Year 9		<p>Theory (1 double every 2 weeks)</p> <ul style="list-style-type: none"> • Introduction to GCSE PE • Skeletal system • Muscular system • Synovial joints and movements • Components of fitness and linking these to sports • Fitness testing and practically doing the tests and collecting them results <p>Practical (1 sport for each half term)</p> <ul style="list-style-type: none"> • Netball • Table tennis <p>Club: Netball Trampolining</p>	<p>Theory (1 double every 2 weeks)</p> <ul style="list-style-type: none"> • Types of training • Principles of training • Cardiovascular system • Short and long term effects of exercise • Anaerobic and aerobic exercise <p>Practical (1 sport for each half term)</p> <ul style="list-style-type: none"> • Badminton • Trampolining <p>Club: Table tennis Netball</p>	<p>Theory (1 double every 2 weeks)</p> <ul style="list-style-type: none"> • Health and fitness • Respiratory system <p>Practical (1 sport for each half term)</p> <ul style="list-style-type: none"> • Netball • Badminton <p>Club: Trampolining Table tennis</p>
		<p>Theory (1 double every week)</p> <ul style="list-style-type: none"> • Classification of skills • The use of goal setting and SMART targets • Guidance and feedback on performance • Basic information • Types of feedback • Arousal theory and inverted U theory • Personality types • Engagement patterns • Commercialisation and sponsorship <p>Practical (1 double every 2 weeks)</p> <ul style="list-style-type: none"> • Netball • Badminton 	<p>Theory (1 double every week)</p> <ul style="list-style-type: none"> • Coursework • Drugs in sport • Consequences of sedentary lifestyle • Command words (exam preparation) <p>Practical (1 double every 2 weeks)</p> <ul style="list-style-type: none"> • Trampolining • Netball 	<p>Theory (1 double every week)</p> <ul style="list-style-type: none"> • Application of knowledge and sporting examples in paper 2 content • <p>Practical (1 double every 2 weeks)</p> <ul style="list-style-type: none"> • Table tennis • Athletics
Year 10				

Year 11

Theory (1 double every week)

- Physical, emotional and social health, fitness and wellbeing
- Consequences of sedentary lifestyle
- Energy use, diet, nutrition and hydration
- The structure and functions of the cardio-respiratory system
- Use of data

Practical (1 double 2 every weeks)

- Netball
- Table tennis

Theory (1 double every 2 weeks)

- Anaerobic and aerobic exercise
- The short and long term effects of exercise
- Lever systems and the mechanical advantage
- Planes and axes of movement
- Coursework

Practical (1 double every week)

- Trampolining
- Athletics

Theory:

- Command words (exam preparation)
- Revision on topics

Practical

- Preparation for final moderation