



**GCSE PE SKILLS:**

Equip students with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being.

**Applied anatomy and physiology – Movement analysis – Physical training – Use of data – Sports psychology – Socio-cultural influences – Health, fitness and wellbeing – Practical performance**

**KS5**

Studying GCSE PE can lead you to a wide variety of courses at KS5. A Level PE, A Level Dance, A Level Health Studies, BTEC Level 3 Diploma in Sport & Exercise Science, BTEC Level 3 Diploma in Football Performance & Excellence BTEC Level 3 Diploma in Performing Arts (Dance)

**SUMMER TERM**

Personalised revision sessions will take place

Final exams



**COMPONENT 2: TOPIC 2:**

- Sport psychology
- Classification of skills
- The use of goal setting and SMART targets.
- Guidance and feedback on performance
- Mental preparation for performance

**COMPONENT 2: TOPIC 3**

- Engagement patterns
- Commercialisation of physical activity and sport
- Ethical and socio-cultural issues

**COMPONENT 2: TOPIC 4:**

- Use of data

**SPRING TERM**



**AUTUMN TERM**

**COMPONENT 4:**

- Personal Exercise Programme
- Evaluation of data and PEP

**COMPONENT 2: TOPIC 1:**

- Physical, emotional and social health, fitness and wellbeing
- The consequences of a sedentary lifestyle
- Energy use, diet, nutrition and hydration



**YEAR 11**



**COMPONENT 1: TOPIC 3:**

- Physical Training
- The principles of training
- Long-term effects of exercise
- How to optimise training and prevent injury
- Effective use of warm up and cool down

**COMPONENT 1: TOPIC 4**

- Interpreting data

**COMPONENT 4:**

- Personal exercise programme

**SUMMER TERM**

**SPRING TERM**



**COMPONENT 1: TOPIC 1:**

- Anaerobic and aerobic exercise.
- Short and long term effects of exercise.

**COMPONENT 1: TOPIC 2**

- Movement analysis

**COMPONENT 1: TOPIC 3**

- Physical Training

**COMPONENT 3:**

- Table Tennis and Swimming

**COMPONENT 4:**

- Personal Exercise Programme



**AUTUMN TERM**

**COMPONENT 1: TOPIC 1:**

- Fitness and Body Systems/Anatomy and Physiology
- The structure and functions of the musculoskeletal system.
- The structure and functions of the cardiorespiratory system.

**COMPONENT 3: TOPIC 3:**

- Football and Netball
- Handball and Rugby



**YEAR 10**

**ASSESSMENT OF GCSE PE**

**COMPONENT 1:** Fitness and the body systems (36%)

**COMPONENT 2:** Health and Performance (24%)

**COMPONENT 3:** Practical Performance (30%)

**COMPONENT 4:** Personal Exercise Programme (10%)