

## GCSE Physical Education Curriculum Overview

Year 10

	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Theory	<b>Applied anatomy &amp; physiology</b> Skeletal system Muscular system	<b>Applied anatomy &amp; physiology</b> Movement analysis Cardiovascular system	<b>Applied anatomy &amp; physiology</b> Respiratory system	<b>Applied anatomy &amp; physiology</b> Effects of exercise  <b>Physical Training</b> Components of fitness	<b>Physical Training</b> Principles and methods of training	<b>Physical Training</b> Injuries
Coursework	Movement analysis	Movement analysis	Movement analysis		Components of fitness	Skills
Practical	Each half term, students will participate in one practical activity. The activities will vary depending on the expertise of the students and make-up of the group					

Year 11

	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Theory	<b>Sports Psychology</b> Skilful movement Classification of skills Goal setting Mental preparation Guidance Feedback	<b>Health, fitness and well-being</b> Health, fitness and well-being Diet and nutrition  <b>Ethics in sport</b> Sportsmanship and gamesmanship Drugs in sport Violence in sport	<b>Commercialisation</b> Media Golden triangle  <b>Engagement patterns</b> Physical activity and sport in the UK Participation trends	<b>Revision</b> Paper 1 and 2	<b>Revision</b> Paper 1 and 2	
Coursework	Skill analysis	Catch up on all areas written so far	Action plan	Catch up on all areas written so far		
Practical	Each half term, students will participate in one practical activity. The activities will vary depending on the expertise of the students and make-up of the group		Preparation for the practical moderation. Once this has been completed, practical lessons will become an extra theory lesson			