



Theory Content	Practical Assessment
<p>Component 1: Fitness and Body Systems Topic 1: Applied Anatomy and Physiology Topic 2: Movement Analysis Topic 3: Physical Training Topic 4: Use of data</p> <p>Assessment: Written examination: 1hr 45mins 36% of the qualification</p> <p>Component 2: Health and Performance Topic 1: Health, fitness and wellbeing Topic 2: Sports Psychology Topic 3: Socio-cultural influences Topic 4: Use of data</p> <p>Assessment: Written examination: 1hr 15mins 24% of the qualification</p>	<p>Component 3: Practical Performance</p> <ol style="list-style-type: none"> 1. Skills during individual and team activities 2. General performance skills 3. Practical activities include: <ul style="list-style-type: none"> - Athletics, Basketball, Handball - Football, Netball, Table tennis - Trampolining, Swimming, Volleyball <p>NEA: Internally marked and externally moderated 30% of qualification 105marks (35marks per activity)</p> <p>Component 4: Personal Exercise Programme (PEP)</p> <p>NEA: Internally marked and externally moderated 10% of qualification 20marks</p>
<p>Key assessment points</p>	
<p>Continuous assessments throughout the term, focusing on each of the following AOs: AO1: Demonstrate knowledge and understanding on course content. AO2: Application of knowledge and understanding of content. AO3: Analyse and evaluate relevant knowledge and understanding. Mock examinations</p>	
<p>Christian ethos</p>	
<p>Christian values will be promoted in each and every PE lesson and extra-curricular activities through the experiences we offer within our curriculum. For example:</p> <ul style="list-style-type: none"> • Students will be kind, supportive, honest and treat others how you would like to be treated within all sporting activities. <p>Be polite, respectful and show good manners in both lessons and when representing the school in matches</p>	
<p>British values</p>	
<p>British values are regularly promoted through high quality PE teaching and by a positive behaviour policy which allows students to develop and demonstrate skills and attributes that will allow them to contribute in a positive manner in Modern Britain. These values and attitudes are promoted and reinforced by all staff and used to provide a model of behaviour for all our students both on and off the sports pitches. An example of promoting British values is to demonstrate formal recognition of good sportsmanship and fair play. This will include respect for the rules of the game and all participants involved. Shaking hands with fellow competitors after a competitive game or lesson.</p>	



Week	Month	Learning Intentions and/or Key Questions
Aut1-1	September	Topic 1: Applied anatomy and physiology 1.1 The structure and functions of the musculo-skeletal system 1.1 The structure and function of the skeletal system 1.2 Classification of bones 1.3 Structure: cranium, clavicle, scapula, five regions of the vertebral column (cervical, thoracic, lumbar, sacrum, coccyx) 1.4 Classification of joints 1.5 Joints and movement 1.6 The role of ligaments and tendons 1.7 Classification and characteristics of muscle types 1.8 Location and role of the voluntary muscular system 1.9 Antagonistic pairs of muscles (agonist and antagonist) to create opposing movement 1.10 Characteristics of fast and slow twitch muscle fibre types 1.11 How the skeletal and muscular systems work together to allow participation in physical activity and sport
Aut1-2		
Aut1-3		
Aut1-4		
Aut1-5		
Aut1-6		
Aut1-7		
		Half term holiday
Aut2-1	November	1.12 Location and role of the voluntary muscular system 1.13 Antagonistic pairs of muscles (agonist and antagonist) to create opposing movement 1.14 Characteristics of fast and slow twitch muscle fibre types 1.15 How the skeletal and muscular systems work together to allow participation in physical activity and sport 1.2 The structure and functions of the cardio-respiratory system 1.2.1 Functions of the cardiovascular system applied to performance in physical activities 1.2.2 Function and structure of the cardiovascular system 1.2.3 Structure of arteries, capillaries and veins and how this relates to function and importance during physical activity 1.2.4 The mechanisms required (vasoconstriction, vasodilation) and the need for redistribution of blood flow (vascular shunting) 1.2.5 Function and importance of red and white blood cells, platelets and plasma for physical activity and sport 1.2.6 Composition of inhaled and exhaled air and the impact of physical activity and sport on this composition
Aut2-2		
Aut2-3		
Aut2-4		
Aut2-5		
Aut2-6		
Aut2-7	December	
		Christmas holiday
Spr1-1	January	1.2.7 Vital capacity and tidal volume, and change in tidal volume due to physical activity 1.2.8 Location of main components of respiratory system (lungs, bronchi, bronchioles, alveoli, diaphragm) 1.2.9/10 Structure of alveoli to enable gas exchange and How the cardiovascular and respiratory systems work together to allow participation in physical activity and sport 1.3 Anaerobic and aerobic exercise 1.3.1 Energy: the use of glucose and oxygen to release energy aerobically with the production of carbon dioxide 1.3.2 Energy sources: fats as a fuel source for aerobic activity, carbohydrates as a fuel source for aerobic and anaerobic activity
Spr1-2		
Spr1-3		
Spr1-4		

		1.4 The short-and long- term effects of exercise
Spr1- 5		1.4.1 Short-term effects of physical activity and sport on lactate accumulation, muscle fatigue 1.4.2 Short-term effects of physical activity and sport on heart rate, stroke volume and cardiac output
Spr1-6	February	1.4.3 Short-term effects of physical activity and sport on depth and rate of breathing 1.4.4 How the respiratory and cardiovascular systems work together to allow participation in, and recovery from, physical activity and sport 1.4.5 Long-term effects of exercise on the body systems
		Half term holiday
Spr2-1		1.4.6 Interpretation of graphical representations of heart rate, stroke volume and cardiac output values at rest and during exercise
		Topic 2: Movement Analysis
Spr2-2		2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement 2.1.1 First, second and third class levers and their use in physical activity and sport 2.1.2 Mechanical advantage and disadvantage (in relation to loads, efforts and range of movement)
Spr2-3	March	2.2 Planes and axes of movement 2.2.1 Movement patterns using body planes and axes 2.2.2 Movement in the sagittal plane about the frontal axis when performing front and back tucked or piked somersaults 2.2.3 Movement in the frontal plane about the sagittal axis when performing cartwheels 2.2.4 Movement in the transverse plane about the vertical axis when performing a full twist jump in trampolining
Spr2-4		
Spr2-5		
Spr2-6		
	April	Easter holiday
Sum1-1		Practical performance and the PEP
Sum1-2		TBC – Dependent on PE meeting with Greenwich Departments.
Sum1-3	May	
Sum1-4		
Sum1-5		
Sum1-6		
	June	Half term holiday
Sum2-1		Topic 3: Physical training The relationship between health and fitness and the role that exercise plays in both 3.1.1 Definitions of fitness, health, exercise and performance and the relationship between them 3.2.1 Components of fitness and the relative importance of these components in physical activity and sport
Sum2-2		
Sum2-3		

		3.2.2 Fitness tests: the value of fitness testing, the purpose of specific fitness tests, the test protocols
Sum2-4		3.2.3 Collection and interpretation of data from fitness test results and analysis and evaluation
Sum2-5	July	3.2.4 Fitness tests for specific components of fitness: i.e; cardiovascular fitness – Cooper 12 minute tests etc.
Sum2-6		3.2.5 How fitness is improved
Sum2-7		

Subject: GCSE PE
Y11 Annual plan



ST. MARY MAGDALENE
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founded in faith since 1840.*

Week	Month	Learning Intentions and/or Key Questions
Aut1-1	September	3.3.1 Planning training using the principles of training: individual needs, specificity, progressive overload, FITT
Aut1-2		3.3.2 Factors to consider when deciding the most appropriate training methods and training intensities for different physical activities and sports
Aut1-3		The use of different training methods for specific components of fitness, physical activity and sport
Aut1-4		3.5.5 Performance-enhancing drugs (PEDs) and their positive and negative effects on sporting performance
Aut1-5	October	3.4.1 Long-term effects of aerobic and anaerobic training and exercise and the benefits to the muscular-skeletal and cardio-respiratory systems and performance
Aut1-6		3.4.2 Long-term training effects: able to train for longer and more intensely
Aut1-7		3.4.3 Long-term training effects and benefits: for performance of the muscular-skeletal system
		Half term holiday
Aut2-1	November	3.5.1 The use of a PARQ to assess personal readiness for training and recommendations for amendment to training based on PARQ
Aut2-2		3.5.2 Injury prevention through: correct application of the principles of training to avoid overuse injuries
Aut2-3		3.5.3/4 Injuries that can occur in physical activity and sport including the RICE principle
Aut2-4		3.6 Effective use of warm up and cool down
Aut2-5	December	3.6.1. The purpose and importance of warm-ups and cool downs to effective training sessions and physical activity and sport
Aut2-6		3.6.2 Phases of a warm-up and their significance in preparation for physical activity and sport
Aut2-7		3.6.3 Activities included in warm-ups and cool downs
		Christmas holiday
Spr1-1	January	Topic 1: Health, Fitness and well-being.
Spr1-2		1.1 Physical, emotional and social health, fitness and well-being
Spr1-3		1.2 The consequences of a sedentary lifestyle
Spr1-4		1.3 Energy use, diet, nutrition and hydration
Spr1-5		Topic 2: Sport psychology
Spr1-6	February	2.1 Classification of skills (basic/ complex, open/closed)

		2.2 The use of goal setting and SMART targets to improve and/or optimise performance 2.3 Guidance and feedback on performance 2.4 Mental preparation for performance
		Half term holiday
Spr2-1	March	Topic 3: Socio-cultural influences 3.1 Engagement patterns of different social groups in physical activity and sport 3.2 Commercialisation of physical activity and sport 3.3 Ethical and socio-cultural issues in physical activity and sport Topic 4: Use of data 4.1 Use of data
Spr2-2		
Spr2-3		
Spr2-4		
Spr2-5		
Spr2-6		
	April	Easter holiday
Sum1-1	May	Revision, Exam Practice, Past Papers, Moderation Prep.
Sum1-2		
Sum1-3		
Sum1-4		
Sum1-5		
Sum1-6		
	June	Half term holiday
Sum2-1	July	
Sum2-2		
Sum2-3		
Sum2-4		
Sum2-5		
Sum2-6		
Sum2-7		