



GCSE PHYSICAL EDUCATION Academic Learning Journey



GCSE Physical Education- (OCR) Assessment Objectives

- 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 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.

Unit	1	2	3	4	5	6	7	8
Year 10	The Skeletal and Muscular Systems	Movement Analysis	The Cardiovascular System	The Respiratory System	The Effect of Exercise on the Body Systems	Components of Fitness	Applying the Principles of Training	Preventing Injury
Year 11	Analysing & evaluating Performance (coursework)	Engagement Patterns of Different Social Groups in Physical Activities & Sports	Commercialisation of Physical Activity & Sport	Ethical & Social-Cultural Issues in Physical Activity & Sport	Sports Psychology	Health, Fitness & Wellbeing	Revision	