



GCSE PHYSICAL EDUCATION 2 Year 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.

Year 10

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theory	Skeletal and Muscular Systems	Cardiovascular System & the Effects of Exercise	Respiratory System & the Effects of Exercise	Components of Fitness & Preventing Injury	Movement Analysis	Applying the Principles of Training
Controlled Assessment	Introduction to Analysis of Performance (AEP) controlled assessment	Key skills overview for chosen sport. Evaluation of their strengths/weakness for each key skill.	Identification of tests for components of fitness. Evaluation their fitness strengths/weaknesses	Evaluation of the importance of components of fitness for the chosen sport	Movement analysis and skill classification	AEP Catch up / Revision for year 10 mock exam
Practical	Fitness Testing	Netball	Table Tennis/Badminton	Types of Training	Athletics	Catch Up

Year 11

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theory	Sports Psychology	Engagement Patterns of Different Social Groups in Physical Activities & Sports	Commercialisation of Physical Activity & Sport	Ethical & Social-Cultural Issues in Physical Activity & Sport. Health, Fitness & Wellbeing	Revision	
Controlled Assessment	Action Plan	Action Plan	AEP Catch Up & Submit for Marking			
Practical	Practical Exam Prep	Practical Exam Prep	Practical Exam Prep	Practical Exams/ Internal Moderation	External Moderation	

