

Curriculum Subject: Physical Education - GCSE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YEAR 10	Applied Anatomy and Physiology	Applied Anatomy and Physiology	Socio-cultural Influences	Socio-cultural Influences	Movement Analysis	Revision and long answer questions
	<ul style="list-style-type: none"> • Skeletal system • Classification of bones • Classification of muscles <u>Practical</u> • Athletics • Fitness Testing 	<ul style="list-style-type: none"> • Cardiovascular system • Respiratory system • Energy sources <u>Practical</u> • Methods of training 	<ul style="list-style-type: none"> • Factors affecting participation • Participation trends <u>Practical</u> • Team / individual sport 	<ul style="list-style-type: none"> • Commercialisation • Sporting behaviours • Deviance in sport <u>Practical</u> • Team / individual sport 	<ul style="list-style-type: none"> • Levers • Planes and axes <u>Practical</u> • Team / individual sport 	<ul style="list-style-type: none"> • Revision of year one <u>Practical</u> • Summer sports
YEAR 11	Physical Training Practical Moderation	Personal Exercise Programme	Psychology	Health, fitness & well-being	Revision and long answer questions	External exams
	<ul style="list-style-type: none"> • Components of fitness • Principles of training • Long term effects of exercise • Performance enhancing drugs 	<ul style="list-style-type: none"> • Preparation • Pre testing • Planning & Goal setting • Performing & Recording • Re test • Reflect 	<ul style="list-style-type: none"> • Classification of skills • Practice Structures • Goal setting • Guidance • Feedback • Mental preparation 	<ul style="list-style-type: none"> • Physical, emotional & social health • Impact of fitness on well being • Lifestyle choices • Consequences of sedentary lifestyle • Balanced diet • Maintaining a healthy weight 	<ul style="list-style-type: none"> • Key strategies 	

St Bede's Curriculum Design Principles

Within subjects: depth, relevance, sequencing, spacing

Between subjects: breadth, cultural capital, coherence, progression, interlinking