Physical Education

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Year 11 GCSE Physical Education

Content of study	The students will be taught the following components throughout the first year of the GCSE course: 1. **Component 2: Health and Performance (examination component)** 2. **Component 3: Practical Performance (NEA component)** 3. **Component 4: Personal Exercise Programme (PEP- NEA component)**
What are the aims and objectives of this year?	**Component 2: Health and Performance** This component assesses students' knowledge and understanding of the factors underpinning participation and performance in physical activity and sport. Students will develop their theoretical knowledge and understanding of the contribution that physical activity and sport make to health, fitness and wellbeing and how these can impact on their own performance. Sports psychology will be introduced, with a focus on skill development, through relevant practice, guidance and feedback, as well as knowledge that learners can then apply to their own learning in practical situations in order to improve their performance. Key socio-cultural influences that can affect people's involvement in physical activity and sport will also be considered. Content overview: • Topic 1: Health, fitness and wellbeing • Topic 2: Sport psychology • Topic 3: Socio-cultural influences • Topic 4: Use of data **Component 3: Practical Performance** Students will be required to perform in three different physical activities in the role of player/performer. For each physical activity, students will be required to demonstrate their skills in isolation/unopposed situations and demonstrate their skills in a competitive/formal situation while under pressure. Students are taught to make relevant and appropriate links between their learning in Component 1 and use this to benefit their performances in the physical activities. Students should develop their ability and aptitude in physical activities, demonstrating the skills and techniques outlined below. Students must:

	• demonstrate skills in physical activity and sport, applying appropriate technique(s) • demonstrate and apply appropriate decision-making skills, strategies and/or compositional ideas within physical activity and sport, taking into account personal strengths and weaknesses • demonstrate ideas and problem-solving solutions in spontaneous and/or pre-determined ways whilst under pressure in physical activity and sport • use appropriate physical characteristics/attributes (for example strength, stamina, speed, agility, flexibility, coordination) to achieve successful performance in physical activity and sport • demonstrate psychological control (for example arousal, anxiety, aggression) to achieve successful performance (and fair play) in physical activity and sport • adhere to 'rules', health and safety guidelines, and consider appropriate risk management strategies in physical activity and sport • analyse and evaluate performance to bring about personal improvement in physical activity and sport Students must demonstrate their ability in team sports and activities by: • applying team strategies and/or compositional ideas, taking account of the strengths and weaknesses of fellow team member(s), as appropriate • showing awareness of, and responding to, the actions of other player(s)/performer(s) • communicating effectively with other player(s)/performer(s) • demonstrating their individual role in achieving the collective outcome. **Component 4: Personal Exercise Programme (PEP)** The purpose of this component is to assess students' skills in analysing and evaluating performance through a personal exercise programme (PEP) in order to optimise performance in a chosen physical activity. Students will develop knowledge and understanding of the principles of training, relevant methods of training and use of data in order to analyse and evaluate their PEP. The PEP will cover a six- to eight-week period, and can relate to any physical activity of their choice from the activities list given in Component 3: Practical Performance. The areas of content covered are: • aim and planning analysis • carrying out and monitoring their PEP • evaluation of fitness data and programme. Students are required to select one physical activity and sport on which to plan a PEP to optimise their performance in that activity. Students will choose one of the three physical activities that they are performing/playing in from the activity list in Component 3: Practical Performance. Students will be taught to make links between their learning from Component 1 and their PEP when analysing and evaluating it. Some relevant content sections may include, but are not restricted to, the following: 1.1–1.4, 3.1–3.6 from Component 1.
What previous knowledge is required?	The students started the course in Year 10 where they covered Component 1, started the initial procedures and content for Component 3 and started the planning phase for Component 4.

	The information learnt from Component 1 should assist the students through the evaluation phase of Component 4. Component 3 evidence will need to be finalised by February for final assessment prior to the moderation of marks.
How will this term's content help with future learning?	The GCSE Physical Education course will appeal to students if you: • Have a keen interest in sport and recreation and always look forward to your PE lessons • Take part in sport/recreation outside of class time • Want to follow a course that develops knowledge and understanding through practical involvement • Want to know more about the benefits of sport and exercise • Want to improve your own performance in a range of sports roles • Want to study a course that is active and that you will enjoy • Are considering a sports-related career or an A Level/higher education course.
Resources	1. Blended Learning Academy (pe.futureschoolstrust.com)- students have their own log-in details. This site is designed by the PE department and offers and online revision and homework tool for the students. 2. www.bbc.co.uk/bitesize/subjects 3. Edexcel GCSE Physical Education (2016) | Pearson qualifications 4. Revision guides are supplied through GSCE Simplified (www.gcsesimplified.co.uk)
Links to the national curriculum/specification	The content covered this year covers the following aims and objectives from the Pearson Edexcel specification that enables students to: • develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge and understanding 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 their ability to analyse and evaluate to improve performance in physical activity and sport
Assessments	Final exams will not be completed until May: • **Component 1 (17th May 2023)** - PPE exams will take place in November/December 2022 & May 2023 • **Component 2 (24th May 2023)** - 3 x unit tests throughout the academic year - PPE exams will take place in November/December 2022 & May 2023 • **Component 3** - Practical assessments at the end of each practical element in accordance with the Pearson Edexcel exam board criteria: https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2016/Specification%20and%20sample%20assessments/9781446933794-gcse016-l2-pe-ppac.pdf

	- Finalised marks are completed in February for Moderation to occur prior to Easter. • **Component 4:** The PEP evaluation will start in Term 1 and will be completed by October ½ term. Any further interventions will occur in after school sessions.

Week beginning	DSM (Tues 2)	LS (Wed 3)	LS (Fri 5)
Term One			
Mon 5th September	PEP Evaluation	1.1.1-1.1.3: Health	Post-PEP Fitness Testing
Mon 12th September	PEP Evaluation	1.1.4-1.1.5: Impact of Fitness on Well-being	Practical
Mon 19th September	PEP Evaluation	1.1.6-1.1.7: Lifestyle choices	Practical
Mon 26th September	PEP Deadline	1.2: Sedentary Lifestyles	Practical
Mon 3rd October	2.1.1-2.1.2: Classification of skills & Practice Structures	1.3.1-1.3.3: Nutrients	Practical
Mon 10th October	2.1.3: Application of Practices and Skills	1.3.4-1.3.6: Optimum Weight & Energy balance	Practical
Mon 17th October	2.2: Goal Setting	1.3.7: Hydration	Practical Assessment
Term Two			
Mon 7th November	2.3.1-2.3.2: Guidance	1.3.7: Hydration	PPE Component 1 Revision
Mon 14th November	2.3.3-2.3.4: Feedback	Topic 1 Unit Test	PPE Component 1 Revision
Mon 21st November	2.4: Mental Preparation for Performance	Topic 1 Feedback	PPE Component 1 Revision
Mon 28th November	PPE	PPE	Practical
Mon 5th December	PPE	PPE	Practical
Mon 12th December	2.1.1-2.1.2: Classification of skills & Practice Structures	3.1: Participation rates/ patterns	Practical
Term Three			
Mon 2nd January	PPE Feedback	PPE Feedback	Practical

Mon 9th January	Component 1: Topic 1 Revision	3.2: Commercialisation	Practical
Mon 16th January	Component 1: Topic 1 Revision	3.2: Commercialisation	Practical
Mon 23rd January	Component 1: Topic 1 Revision	3.3: Sportsmanship v Gamesmanship	Practical
Mon 30th January	Component 1: Topic 1 Revision	Revision Lesson	Practical
Mon 6th February	Component 1: Topic 1 Revision	Topic 3 Unit Test	Practical Assessment
Term Four			
Mon 20th February	Component 1: Topic 3 Revision	Topic 3 Feedback	Practical
Mon 27th February	Component 1: Topic 3 Revision	Component 1: Topic 3 Revision	Final Practical Marks Deadline
Mon 6th March	Component 1: Topic 3 Revision	Component 1: Topic 3 Revision	Practical
Mon 13th March	GCSE PE Moderation Rehearsal	GCSE PE Moderation Rehearsal	GCSE PE Moderation Rehearsal
Mon 20th March	GCSE PE Moderation	Component 1: Topic 2 Revision	Component 1: Topic 2 Revision
Mon 27th March	Component 1: Topic 3 Revision	Component 1: Topic 2 Revision	Component 1: Topic 2 Revision
Term Five			
Mon 17th April	Component 2: Topic 2 Revision	Component 2: Topic 1 Revision	Component 2: Topic 1 Revision
Mon 24th April	Component 2: Topic 2 Revision	Component 2: Topic 1 Revision	Component 2: Topic 1 Revision
Mon 1st May	Component 2: Topic 2 Revision	Component 2: Topic 3 Revision	Component 2: Topic 3 Revision
Mon 8th May	Component 1 Exam Revision	Component 1 Exam Revision	Component 1 Exam Revision
Mon 15th May	Component 1 Exam Revision	Component 1 Exam	Component 2 Exam Revision
Mon 22nd May	Component 2 Exam Revision	Component 2 Exam	Finished