

# GCSE Physical Education Year 10

	Year 10 – Block A	Year 10 – Block B
<b>What do we teach?</b>	Specification: Pearson Edexcel Level 1/Level 2 GCSE (9-1) in Physical Education (1PE0)	
	Students start by studying health, fitness and wellbeing (Paper 2 Health and Performance). Students study key topics such as lifestyle choices and their impact and the key roles of a balanced diet and the role of nutrients. Applied anatomy and physiology from Paper 1 (Fitness and body systems) is delivered immediately afterwards and continues into Block B. Individual and team practical activities will be taught alongside the theory element of the course.	Students continue to work on applied anatomy and physiology from block A, before completing the year by studying movement analysis (Paper 1 Fitness and the body systems). Students will develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity and sport through the following content. Lever systems, examples of their use in activity and the mechanical advantage they provide in movement. Planes and axes of movement is studied allowing for understanding of how movement occurs through sagittal, frontal and transverse planes.
<b>How does this meet the National curriculum?</b>	The GCSE Physical Education subject content sets out the knowledge, understanding and skills together with the assessment objectives. It provides the framework, to ensure progression from Key Stage 3 National Curriculum requirements and the possibilities for development into A Level study. NC point 1 is met through delivery of practical activities that also fulfils NC point 2 and 3 by encouraging an active lifestyle and developing the ability to problem solve and strategise through competitive sports. NC 2 is thoroughly explored within all theory topics across the syllabus. NC 5 is fulfilled through exploring new physical activities and classroom discussions. Frequent opportunities for reflection occur supporting NC 6. NC 7 is supported through the extracurricular provision at the Academy	
<b>Why does this knowledge matter?</b>	Throughout the health, fitness and wellbeing topic, 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. With an ever increasing percentage of childhood obesity and only 47% of children making the government guidelines of daily physical activity this highlights the importance of this topic in supporting (May 2020).  Applied anatomy and physiology will allow students to develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport. This allows students to understand how to manipulate the muscular system to enhance performance.	Movement analysis teaches the fundamentals of movement which underpin all sporting actions within sport. It allows students to gain a deeper understanding of how levers and forces can be applied to sporting performance whether that is running, lifting weights, kicking or throwing a ball. This knowledge combined with the studying of Anatomy and physiology particularly the skeletal system and muscular system will provide students with the knowledge and skills to enhance their sporting performances further.
<b>Why do we teach in this sequence?</b>	Students learn topics from paper 1 and 2 simultaneously so that links can be made across the curriculum, thus facilitating a deeper understanding of the content taught. Block A combines brand new theory topics. The topic that is delivered at the start of the course is used to engage students in the studying of the course, as it can be focused around their own performances within sport, so will be highly relatable.	
<b>What career links are made?</b>	Studying this course allows students to develop invaluable interpersonal skills such as strong communication, team work, resilience which can be transferred to any career. Specifically, to the sport industry students can develop knowledge and skills to lead to a career in physiotherapist, sports person / consultant, nutritionist, research scientist, doctor and exercise physiologist.	

# GCSE Physical Education Year 11

	Year 11 – Block A	Year 11 – Block B
<b>What do we teach?</b>	Specification: Pearson Edexcel Level 1/Level 2 GCSE (9-1) in Physical Education (1PE0)	
	Health, Fitness and Well-being (studied in Year 10, Block A) is revisited, as students are introduced to the coursework element of the subject. A Personal Exercise Plan (PEP) is planned, carried out and evaluated with the sole purpose of students developing their fitness, health, exercise and sporting performance. Alongside the PEP the topic of Physical Training is studied, this allows for new content to be learnt as well as further links to Anatomy and Physiology from Year 10. Students also explore identification and treatment of injury, plus prevention and performance enhancing drugs.	Students continue to work on their coursework, practical activities and explore the final theory topic Socio-cultural Influences (which is examined in paper 2). Key topics that students study are factors impacting on participation, trends in participation rates, commercialization and the media plus the advantages and disadvantages of commercialization. Sporting behaviours plus deviance in sport both positive and negative is explored.
<b>How does this meet the National curriculum?</b>	The GCSE Physical Education subject content sets out the knowledge, understanding and skills together with the assessment objectives. It provides the framework, so ensuring progression from Key Stage 3 National Curriculum requirements and the possibilities for development into A level are met. NC point 1 is met through delivery of practical activities which also fulfils NC point 2 and 3 by encouraging an active lifestyle and developing the ability to problem solve and strategise through competitive sports. NC 2 is thoroughly explored within all theory topics across the syllabus. NC 5 is fulfilled through exploring new physical activities and classroom discussions. Frequent opportunities for reflection occur supporting NC 6. NC 7 is supported through the extracurricular provision at the Academy	
<b>Why does this knowledge matter?</b>	Students will develop knowledge and understanding of the principles of training and different training methods in order to plan, carry out, monitor and evaluate personal exercise and training programmes, through the following content. This knowledge will allow students to gain a deeper understanding of how to plan and monitor their own fitness as they move on to KS5, university life and life beyond education in order to maintain a healthy active lifestyle. The information they gain from this topic will allow them to support friends and family in health promotion.	In this topic students will develop knowledge and understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society. Ethical and socio-cultural issues in physical activity and sport such as sporting behaviour sportsmanship and gamesmanship feature heavily in the news, this allows students to have an education far wider than just the consequences for elite athletes but features heavily and is relatable to real life, and not just in a sporting context.
<b>Why do we teach in this sequence?</b>	Students learn topics from paper 1 and 2 simultaneously so that links can be made across the curriculum, thus facilitating a deeper understanding of the content taught. Frequently practicing exam questions helps develop answering them and promotes independence and develops confidence. Block A combines brand new theory topics which are factored in to previously learnt topics. The topic which is delivered at the start of the year is used to support the coursework element, It can also be used to support their own performances within sport, especially as they will be looking to improve one of their three chosen activities to support their practical examination.	
<b>What career links are made?</b>	Personal skills, studying this course allows students to develop invaluable interpersonal skills such as strong communication, team work, resilience which can be transferred to any career. Specifically, to the sport industry students can develop knowledge and skills to lead to a career in physiotherapist, sports person / consultant, nutritionist, research scientist, doctor and exercise physiologist, data analyst with in sport and a sports journalist. This course will lead students well into studying A level PE, and / or a vocational course which leads on to Sports Science, Exercise Physiology or Physiotherapy at university level, as some of the many courses which can be read from studying GCSE Physical Education.	