

Subject: GCSE Physical Education Year 1		Year Group: 10
Term 1 Key Focus/Topic(s) <ul style="list-style-type: none"> • Health & Fitness • Football 	Term 2 Key Focus/Topic(s) <ul style="list-style-type: none"> • Applied Anatomy & Physiology • Handball 	Term 3 Key Focus/Topic(s) <ul style="list-style-type: none"> • Cardio-respiratory system • Aerobic/Anaerobic Exercise • Hockey
Term 1 Assessment Opportunities: <ul style="list-style-type: none"> • End of topic tests. Homework • Short mark questions • Practical Assessment 	Term 2 Assessment Opportunities: <ul style="list-style-type: none"> • End of topic tests. Homework • Short mark questions. Introduce extended questions. • Practical Assessment 	Term 3 Assessment Opportunities: <ul style="list-style-type: none"> • End of topic tests. Homework • Short mark questions. Introduce extended questions • Practical Assessment
Term 4 Key Focus/Topic(s) <ul style="list-style-type: none"> • Movement Analysis • Physical Training • Rugby 	Term 5 Key Focus/Topic(s) <ul style="list-style-type: none"> • Commercialisation of sport • Athletics • End of year exam preparation 	Term 6 Key Focus/Topic(s) <ul style="list-style-type: none"> • Socio-cultural influences • Cricket
Term 4 Assessment Opportunities: <ul style="list-style-type: none"> • End of topic tests. Homework • Short mark questions. Establishing technique for extended questions • Practical Assessment 	Term 5 Assessment Opportunities: <ul style="list-style-type: none"> • End of topic tests. Homework • Short mark questions. Introduce extended questions • Practical Assessment 	Term 6 Assessment Opportunities: <ul style="list-style-type: none"> • End of year exams • End of topic tests. Homework • Short mark questions. Introduce extended questions • Practical Assessment

Rationale:

In Year 10 roughly equal time is given to practical and theory elements. The majority of topics at the start of the year lend themselves to knowledge retrieval rather than analysis and evaluation. These skills are then developed over the course of the year as units are studied that tend to questions linked to them that require lengthier responses. Students spend a good deal of time honing and developing more advanced skills in practical sessions.

Evaluation:

Students who take part in sports not assessed in school but still on the specification are encouraged to get video footage of themselves performing. This is also the same for students who play at district level or above in any sport. Games groups in Year 10 are also structured so that all GCSE PE students are in one of two groups where greater focus can be put on developing exam specific language and terminology in practical settings.