

GCSE PE: Year 10 Learning Journey

Unit One

The Journey Starts

Pupils have completed their Summer work – Introduction to GCSE PE

Structure of the skeleton and it's functions. The muscular system and it's functions. Cardiorespiratory. Aerobic & Anaerobic energy systems



Year 10

Unit One

Anatomy & Phys

Effects of Exercise

Unit Two: Movement Analysis

Planes & Axes, Types of Levers, Mechanical Advantage, Basic Movements.

Topic 3: Methods of Training

Learn the principles of training and methods of training and apply them to sports performance



Unit Two

Unit Three

P&L, Levers, Etc

Unit Three: Physical Training

Components of Fitness, Fitness Testing, Principles of Training, Injuries, Training Seasons, Types of Training. Definitions of Health and Fitness

Coursework – Analysis of Performance 10%

Pupils analyse their own strengths and Weaknesses in a chosen sport and develop a plan to improve those weaknesses.



PE Course work

Athletics – Practical Assess

Year 10 Exam – Paper One

End of Year 10



Bishop Challoner
Catholic Secondary School



Athletics Assessments

Pupils use their double lessons to complete their practical athletics assessments.

End of Year 10

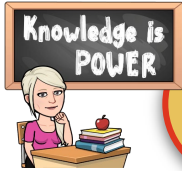
Pupils will have Summer work to complete ready for Year 11



GCSE PE Year 11 Learning Journey

The Journey Continues

Pupils have completed a Paper One Mock exam. They will have a number of practical assessments and coursework almost completed.



Year 11

Unit Four

Sport Psychology, Skill, Ability, Goal Setting, SMART targets, Arousal, Aggression, Personality

Unit Four

C,work

Unit Four Continued

Methods of classifying skills, Information Processing, Types of Motivation, Guidance and feedback – First draft of coursework submission (Sep)

Unit Five

Socio-Cultural Factors, Social Groups, Commercialisation of Sport, Technology in Sport, Ethical Conduct, Performance Enhancing Drugs, Spectator Behaviour

Unit Five

Year 11 Mock
All Paper Two Content



Year 11 Mock

C`work

Coursework Submission

Pupils submit their final coursework (Nov)



Xmas



Revision

NEA

Final Exams

END OF Y11



Revision

All aspects of Paper One & Paper Two

NEA MODERATION

Sample of pupils are eternally moderated in 3 activities

