

AQA Specification

Yr10 (KS4) GCSE PE	Topic Area	Knowledge/Skills that are taught	Knowledge/Skills revisited	What does good look like?	Resources/support at home
Autumn 1	SECTION 1: APPLIED ANATOMY AND PHYSIOLOGY (PART A)	<ul style="list-style-type: none"> - The structure and function of the musculo-skeletal system. - Movement analysis. 	Practical Assessment; Badminton Football	Recall of structures, functions & key terms within key body systems. (A01) Analyse the biomechanics involved in different sporting actions. (A02)	Google classroom OCR GCSE page contains all lesson PPs, resources and revision documents. Seneca / Kahoot for HW recap quizzes. GCSE only practical club (Tuesdays - Badminton)
Autumn 2	SECTION 1: APPLIED ANATOMY AND PHYSIOLOGY (PART B)	<ul style="list-style-type: none"> - The structure and function of the cardio-respiratory systems. - The short & long term effects of exercise on the body. 	Practical Assessment; Netball Table Tennis	Recall of structures, functions, HR Graphs, Spirometer traces, & key terms within key body systems. (A01) Understand and evaluate how body systems adaptations link to performance improvements. (A02/3)	Google classroom OCR GCSE page contains all lesson PPs, resources and revision documents. Seneca / Kahoot for HW recap quizzes. GCSE only practical club (Tuesdays - Table Tennis)
Spring 1	SECTION 2: PHYSICAL TRAINING	<ul style="list-style-type: none"> - Relationship between health & fitness. - Components of fitness and how they are measured. - Principles of training and how they apply to personal training. - Preventing injury in physical activity and training. 	Practical Assessment; Basketball Trampolining	Recall definitions of key terms, components of fitness & associated fitness tests. (A01) Apply principles of training to ensure progressive and effective training. (A02)	Google classroom OCR GCSE page contains all lesson PPs, resources and revision documents. Seneca / Kahoot for HW recap quizzes.

				Design a fitness programme including injury prevention measures. (A03)	GCSE only practical club (Tuesdays - Basketball)
Spring 2	SECTION 3: SOCIO-CULTURAL INFLUENCES	<ul style="list-style-type: none"> - Engagement patterns of different social groups in physical activity. - Commercialisation in sport. - Ethical and socio-cultural issues in sport. 	Practical Assessment; Hockey Tennis	<p>Recall facts & figures relating to different engagement groups. (A01)</p> <p>Apply sports engagement strategies to various social groups. (A02)</p> <p>Evaluate the pro's and con's of commercialisation in elite sport. (A03)</p>	<p>Google classroom OCR GCSE page contains all lesson PPs, resources and revision documents.</p> <p>Seneca / Kahoot for HW recap quizzes.</p> <p>GCSE only practical club (Tuesdays - Hockey)</p>
Summer 1	SECTION 4: SPORT PSYCHOLOGY	<ul style="list-style-type: none"> - The classification of skills. - Practice structures. - Using goal setting and smart targets to optimise performance. - Providing guidance and feedback on performances. - Mentally preparing for performance. - Information Processing Model - Inverted U Theory, Arousal levels - Personality; aggression/introvert/extrovert - Spectator behaviour, hooliganism 	Practical Assessment; Handball Cricket	<p>Classify skills on continuums. (A01)</p> <p>Apply methods of goal setting effectively to different sports people. (A02)</p> <p>Create an effective sports psychology plan to optimise performance. (A03)</p>	<p>Google classroom OCR GCSE page contains all lesson PPs, resources and revision documents.</p> <p>Seneca / Kahoot for HW recap quizzes.</p> <p>GCSE only practical club (Tuesdays - Handball)</p>
Summer 2	TOPIC 5: HEALTH, FITNESS AND WELL-BEING	<ul style="list-style-type: none"> - Physical, emotional & social health, fitness and well-being. - Short and Long term effects of exercise. - Consequences of a sedentary lifestyle. - Energy use, diet, nutrition and hydration. 	Practical Assessment; Athletics Rounders	<p>Define and link the key terms relating to well being. (A01)</p> <p>Explain the potential consequences of a sedentary lifestyle. (A02).</p> <p>Create an effective diet and nutrition plan for a particular athlete. (A03)</p>	<p>Google classroom OCR GCSE page contains all lesson PPs, resources and revision documents.</p> <p>Seneca / Kahoot for HW recap quizzes.</p> <p>GCSE only practical club (Tuesdays - Athletics)</p>

		- Somatotypes; endomorph, mesomorph, ectomorph			
Yr11 (KS4) GCSE PE	Topic Area	Knowledge/Skills that are taught	Knowledge/Skills revisited	What does good look like?	Resources/support at home
Autumn 1	AEP controlled assessment coursework	Section 1 - Evaluation Section 2 - Analysis Section 3 - Overview	Fitness test results & normative data to assess fitness. Applying components of fitness to chosen sport. Outlining and describing key skills & techniques.	Evaluates the strengths and weaknesses of their own/a peers physical fitness accurately, using appropriate tests for each component of fitness.	Google classroom OCR GCSE page contains all coursework lesson powerpoints & guidance handbook.
Autumn 2	AEP controlled assessment coursework	Section 4 - Assessment Section 5 - Movement Analysis Section 6 - Action Plan	Skill assessment and evaluation Biomechanics of skills Planning an effective training programme	Gives an accurate and thorough assessment of their own/a peers strengths and weaknesses of their skills in their chosen activity.	Google classroom OCR GCSE page contains all coursework lesson powerpoints & guidance handbook. Core PE intervention groups - students undertake extra theory sessions during Y11 core PE based on underperformance in Y10 mocks.
Spring 1	Revision SECTION 1: APPLIED ANATOMY AND PHYSIOLOGY SECTION 2:	- The structure and function of the musculo-skeletal system. - Movement analysis. - The structure and function of the cardio-respiratory systems. - Structure of Synovial joints - The short & long term effects of exercise on the body.	3 lessons focusing on Improving exam technique / on 6 mark questions before mocks.	A01 - Recall A02 - Application A03 - Analyse and evaluate.	Y11 mock handbook. Google classroom OCR GCSE page contains all lesson PPs, resources and revision documents. Seneca / Kahoot for HW recap quizzes.

	PHYSICAL TRAINING	<ul style="list-style-type: none"> - HR Graphs, spirometer traces - Relationship between health & fitness. - Components of fitness and how they are measured. - Types of Training (inc altitude) - Training Cycles (macro/meso/micro) - Principles of training and how they apply to personal training. - Preventing injury in physical activity and training. 			Core PE intervention groups - students undertake extra theory sessions during Y11 core PE based on underperformance in Y10 mocks.
Spring 2	Revision SECTION 3: SOCIO-CULTURAL INFLUENCES SECTION 4: SPORT PSYCHOLOGY	<ul style="list-style-type: none"> - Engagement patterns of different social groups in physical activity. - Commercialisation in sport. - Impacts of Technology in sport - Ethical and socio-cultural issues in sport. - The classification of skills. - Practice structures. - Using goal setting and smart targets to optimise performance. - Providing guidance and feedback on performances. 		See Y10 for topic A01-3 examples.	Google classroom OCR GCSE page contains all lesson PPs, resources and revision documents. Seneca / Kahoot for HW recap quizzes.
Summer 1	Revision TOPIC 5: HEALTH, FITNESS AND WELL-BEING	<ul style="list-style-type: none"> - Physical, emotional & social health, fitness and well-being. - Consequences of a sedentary lifestyle. - Consequences of obesity - Energy use, diet, nutrition and hydration. 	Revisit exam preparation and revision techniques. "7 ways to revise in PE" power-point lesson.	See Y10 for topic A01-3 examples.	Revision booklet. Google classroom OCR GCSE page contains all lesson PPs, resources and revision documents. Seneca / Kahoot for HW recap quizzes.

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