

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. - Joints & Types of Movements - 	Practical Assessment; Badminton Football	Recall of structures, functions & key terms within key body systems. (A01)	Google classroom AQA 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) SECTION 2: MOVEMENT ANALYSIS	<ul style="list-style-type: none"> - The structure and function of the cardio-respiratory systems. - Gaseous exchange and the process of breathing. - Cardiac cycle and blood vessels. - The short & long term effects of exercise on the body. - Anaerobic and aerobic exercise. - Movement analysis & biomechanics - Planes and axes of movement 	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) Analyse the biomechanics involved in different sporting actions. (A02)	Google classroom AQA 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 & 2	SECTION 3: PHYSICAL TRAINING	<ul style="list-style-type: none"> - Relationship between health & fitness. - Components of fitness and how they are measured. - Principles of training, types of training and how they apply. - 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 AQA GCSE page contains all lesson PPs, resources and revision documents. Seneca / Kahoot for HW recap quizzes. GCSE only practical club (Tuesdays - Basketball)

		<ul style="list-style-type: none"> - Training intensities, training seasons & the importance of cool downs. 		Design a fitness programme including injury prevention measures. (A03)	
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	Classify skills on continuums. (A01) Apply methods of goal setting effectively to different sports people. (A02) Create an effective sports psychology plan to optimise performance. (A03)	Google classroom AQA GCSE page contains all lesson PPs, resources and revision documents. Seneca / Kahoot for HW recap quizzes. GCSE only practical club (Tuesdays - Handball)
Summer 2	AEP controlled assessment coursework	Section 1: Analysis <ul style="list-style-type: none"> - An analysis of your own strengths and weaknesses related to your main sport. You need to discuss; - A component of fitness strength. - A component of fitness weakness. - A skill strength. - A skill weakness. - For all 4 - You need to discuss 2 performance examples (so 8 in total) of how the strength or weakness impacted on your performances. 	Fitness test results & normative data to assess fitness. Applying components of fitness to chosen sport. Outlining and describing key skills & techniques.	Excellent knowledge and appreciation of the demands of the activity Fully conversant with movements & terminology. Clear, detailed, in-depth self analysis for <u>all</u> strengths and weaknesses. <u>All</u> fully justified with reference to recent performances. Strong justification regarding the impact	Google classroom AQA GCSE page contains all coursework lesson powerpoints & guidance handbook.
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. 	Practical Assessment; Athletics Rounders	Define and link the key terms relating to well being. (A01) Explain the potential consequences of a sedentary lifestyle. (A02).	Google classroom AQA GCSE page contains all lesson PPs, resources and revision documents. Seneca / Kahoot for HW recap quizzes.

		<ul style="list-style-type: none"> - Energy use, diet, nutrition and hydration. - Somatotypes; endomorph, mesomorph, ectomorph 		Create an effective diet and nutrition plan for a particular athlete. (A03)	GCSE only practical club (Tuesdays - Athletics)
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	<ul style="list-style-type: none"> - Section 2: Evaluation - You need to create a training plan to improve your component of fitness weakness (from section 1). To include; - Choose a training type and justify choice for the fitness component. - Session plan, warm up & cool down - Apply training principles to plan - Calculate training intensities. - Improve your skill weakness using an aspect of the specification (such as mental rehearsal). 	Skill assessment and evaluation	<p>Appropriate training type chosen & fully understood. Fully evaluated and justified with reference to how it will remedy the fitness weakness.</p> <p>Training session and justification of training type makes particular & detailed reference to the personal needs/ safety considerations of the performer- not generic. The session is detailed throughout</p> <p>Fully explained and justified theoretical application as to its relevance and how improvement will take place.</p>	<p>Google classroom AQA GCSE page contains all coursework lesson powerpoints & guidance handbook.</p> <p>Core PE intervention groups - students undertake extra theory sessions during Y11 core PE based on underperformance in Y10 mocks.</p>
Autumn 2	SECTION 4: 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 AQA 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>
Spring 1	TOPIC 5:	<ul style="list-style-type: none"> - Physical, emotional & social health, fitness and well-being. 	Practical Assessment; Athletics	Define and link the key terms relating to well being. (A01)	Google classroom AQA GCSE page contains all lesson PPs,

	HEALTH, FITNESS AND WELL-BEING	<ul style="list-style-type: none"> - Short and Long term effects of exercise. - Consequences of a sedentary lifestyle. - Energy use, diet, nutrition and hydration. - Somatotypes; endomorph, mesomorph, ectomorph 	Rounders	Explain the potential consequences of a sedentary lifestyle. (A02). Create an effective diet and nutrition plan for a particular athlete. (A03)	resources and revision documents. Seneca / Kahoot for HW recap quizzes. GCSE only practical club (Tuesdays - Athletics)
Spring 2	Revision SECTION 1: APPLIED ANATOMY AND PHYSIOLOGY SECTION 2: PHYSICAL TRAINING	<ul style="list-style-type: none"> - 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. - 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. 	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 AQA GCSE page contains all lesson PPs, resources and revision documents. Seneca / Kahoot for HW recap quizzes. Core PE intervention groups - students undertake extra theory sessions during Y11 core PE based on underperformance in Y10 mocks.
Summer 1	Revision SECTION 3: SOCIO-CULTURAL INFLUENCES SECTION 4:	<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. 		See Y10 for topic A01-3 examples.	Google classroom AQA GCSE page contains all lesson PPs, resources and revision documents. Seneca / Kahoot for HW recap quizzes.

	<p>SPORT PSYCHOLOGY</p>	<ul style="list-style-type: none"> - Practice structures. - Using goal setting and smart targets to optimise performance. - Providing guidance and feedback on performances. 			
<p>Summer 1 cont.</p>	<p>Revision</p> <p>TOPIC 5: HEALTH, FITNESS AND WELL-BEING</p>	<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. 	<p>Revisit exam preparation and revision techniques.</p> <p>“7 ways to revise in PE” power-point lesson.</p>	<p>See Y10 for topic A01-3 examples.</p>	<p>Revision booklet.</p> <p>Google classroom AQA GCSE page contains all lesson PPs, resources and revision documents.</p> <p>Seneca / Kahoot for HW recap quizzes.</p>