

Curriculum Overview AQA GCSE PE

Year group: 10

Subject (include exam board if examination subject): AQA GCSE PE

Periods per fortnight: 5

INTENT:

This qualification is linear. Linear means that students will sit all their exams and submit all their non-exam assessment at the end of the course. The terminal assessments of this course are split into three components which the students will learn about on their journey through the course. Paper 1: The human body and movement in physical activity and sport. Paper 2: Socio-cultural influences and well-being in physical activity and sport. Non-exam assessment: Practical performance in physical activity and sport. Students will need to be proficient in three sporting activities. Either one team sport and two individual or two team and one individual.

AQA GCSE Physical Education lessons will be split into two sections, Practical and Theory:

GCSE THEORY

New and contemporary topics will help students of all abilities to develop a well-rounded skill set and prepare them for progression to further studies. Students will study the following topics; Applied anatomy and physiology, Movement analysis, Physical training, Use of data, Sports Psychology, Socio-cultural influences and Health, fitness and wellbeing. These topics will inspire curiosity and create an ambition to continue the Physical Education and sport pathway into the next phase of their education.

GCSE PRACTICAL

Lessons will focusing upon:

- Skills progression
- Tactics & techniques
- Leadership skills
- Pathway for NEA success
- These lesson's will develop student confidence and their belief in their own ability.

Delivery will be based upon the following teaching methods:

- Tactical Games For Understanding
- Cooperative learning
- Flipped learning
- Assessment for learning

Term	Topics studied Add dates and any assessments included	Extended learning opportunities (homework, controlled assessments, field work, trips etc.)	How parents could support students
Autumn Term	Paper 2 content: Health & Fitness	Flipped learning homework set on a regular basis (to ensure students understand future lessons)	Parents use Google Classroom as a tool to monitor homework, assessment and feedback from teacher.

		Progress test for Paper 1	
Feb Half Term			
	<p>Paper 1 content:</p> <p>Immediate effects of exercise</p> <p>Short term effects of exercise</p> <p>Long term effects of exercise</p> <p>Warming up and cooling down</p> <p>Components of fitness & links to sports</p> <p>Fitness testing</p> <p>Reasons for and limitations of</p> <p>Link to components of fitness</p> <p>Training Methods</p> <p>Recovery methods from vigorous exercise</p> <p>EPOC</p> <p>Aerobic and Anaerobic respiration</p> <p>Calculating intensities to optimise training effectiveness</p> <p>Considerations to prevent injury</p> <p>Specific training techniques – high altitude training as a form of aerobic training</p> <p>Seasonal aspects</p> <p>Quantitative data</p> <p>Methods for collecting quantitative data</p> <p>Qualitative data</p> <p>Methods for collecting qualitative data</p> <p>Presenting data</p>	<p>Mini Test on Everlearner/ written</p>	<p>Ensure flipped learning homework is completed before the lesson in order for student to access learning</p> <p>parents to attend parents evenings to be informed of progress</p> <p>parents to attend parents evenings to be informed of progress</p> <p>Regular check on Google Classroom to ensure homework, revision and any other deadlines are being met.</p>
Easter Holidays			
Summer Term	<p>Stress management techniques</p> <p>Indirect & direct aggression and apply to sporting examples</p> <p>Personality types - Introvert & extrovert</p> <p>Motivation - Intrinsic & Extrinsic</p> <p>Skill & Ability</p>	<p>Practice exam question technique</p> <p>Mini test on all content covered this half term</p> <p>End of Year 10 Paper 1 & 2 Tests</p>	<p>Parents can help support students revision by helping to revise at home with the use of flashcards/ revision tools/ practice exam questions</p> <p>Support with revision at home by creating a revision timetable</p>

	Classification of skill Definition of types of goals Performance & outcome goals SMART targets Start of coursework and to be continued over summer and first half term of year 11		Parents to ensure student has all materials (pencil case/pens) as well as class specific materials (exercise book/ AQA textbook) for every lesson Ensure flipped learning homework is completed before the lesson in order for student to access learning Parents to attend parents evenings to be informed of progress
May Half Term			
Summer Term	Continuation of Coursework	Summer project to finish Part A Coursework and start/finish Part B of NEA	Support via Google Classroom

IMPACT:

Student will receive flipped learning homework on google classroom as we as recap tests and STAR marking. Each piece of homework is assessed to give us a current picture of your son/daughters understanding of topic taught.

Students will undergo End of Unit assessments that will be graded and used to form the Theory Section of their GCSE Physical Education grade these assessment intervals will be used to chart their progress.

For the Non Examination element of their course students will be assessed by teacher observation of practical performances and any other additional video evidence of external performances that are provided. This will make up the practical section of their grade along with the written performance evaluation that is delivered in year 11.

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