

**Physical Education – GCSE PE
YEAR 11 CURRICULUM INFORMATION**

'Building knowledge, understanding, memory and performance.'

	Spring 1	Spring 2
What will students be learning?	<p>Students have now been taught all the OCR GCSE specification. The focus for year 11 during this term will be to review key content and work on their exam technique.</p> <p>Students will explore various revision techniques and learn how to answer different types of exam style questions.</p>	<p>Students will continue to focus on reviewing key content and work on their exam technique. They will use exam style questions to embed learning of sporting examples, extended questions and analysing data.</p> <p>Students will also continue to explore a variety of revision techniques and know how an to answer different types of exam style questions.</p>
How will students be assessed?	<p>Students will be assessed through exam style questions that link to the different topics throughout the specification. Each topic will have its own set of questions, that will be marked and reviewed with live feedback to embed the students learning.</p>	<p>Students will continue to be assessed through exam style questions that link to the different topics of the OCR GCSE PE specification.</p> <p>Students will be given a variety of questions for each topic. These will be marked and reviewed with live feedback to embed the students learning on key areas.</p>
Literacy – What keywords will be taught?	<p>Abduction, adduction, aerobic exercise, agility, agonist, antagonist, antagonistic muscle action, anaerobic exercise, articulating bones, axes of rotation, balance, balanced diet, beta blockers, blood vessels, breathing rate, capillarisation, cartilage, cardiac output, cardiovascular endurance, circuit training, circumduction, closed skill, commercialisation, complex skill, confidence, continuous training, co-ordination, cool down, coronary heart disease (CHD), discrimination, deviance, double circulatory system, energy balance, ethnicity, exercise, extension, fartlek training, fatigue, feedback, fixator, FIIT, fitness, flexibility, flexion, frontal axis of rotation, frontal plane, gamesmanship, gas exchange, gender, golden triangle, guidance, health, heart rate, HIIT, hydration, hypertrophy, interval training, lactic acid, levers, ligament, longitudinal axis of rotation, mechanical advantage, media, mental preparation, minute ventilation, muscular endurance, obesity, open skill, overload, physical activity, plyometrics, power, progression, rate of recovery, reaction time, red blood cells, redistribution of blood flow, reversibility, role models, rotation, sagittal plane, self-esteem, simple skill, skilful movement, skills continua, specificity, SMART, speed, sponsorship, sportsmanship, stamina, steroids, stimulants, strength, stroke volume, synovial joint, tendon, tidal volume, transverse axis of rotation, transverse plane, type 2 diabetes, violence, warm up, weight training.</p>	<p>Abduction, adduction, aerobic exercise, agility, agonist, antagonist, antagonistic muscle action, anaerobic exercise, articulating bones, axes of rotation, balance, balanced diet, beta blockers, blood vessels, breathing rate, capillarisation, cartilage, cardiac output, cardiovascular endurance, circuit training, circumduction, closed skill, commercialisation, complex skill, confidence, continuous training, co-ordination, cool down, coronary heart disease (CHD), discrimination, deviance, double circulatory system, energy balance, ethnicity, exercise, extension, fartlek training, fatigue, feedback, fixator, FIIT, fitness, flexibility, flexion, frontal axis of rotation, frontal plane, gamesmanship, gas exchange, gender, golden triangle, guidance, health, heart rate, HIIT, hydration, hypertrophy, interval training, lactic acid, levers, ligament, longitudinal axis of rotation, mechanical advantage, media, mental preparation, minute ventilation, muscular endurance, obesity, open skill, overload, physical activity, plyometrics, power, progression, rate of recovery, reaction time, red blood cells, redistribution of blood flow, reversibility, role models, rotation, sagittal plane, self-esteem, simple skill, skilful movement, skills continua, specificity, SMART, speed, sponsorship, sportsmanship, stamina, steroids, stimulants, strength, stroke volume, synovial joint, tendon, tidal volume, transverse axis of rotation, transverse plane, type 2 diabetes, violence, warm up, weight training.</p>
What employability skills are being developed?	<p>Collaboration, resilience, planning and organisation, adaptability, leadership, management, and responsibility, problem solving.</p>	<p>Collaboration, resilience, communication, planning and organisation, adaptability, leadership, teamwork, management, and responsibility.</p>
Wider Curriculum Links?	<p>Biology; the anatomy and physiology of the human body.</p>	<p>Biology; the anatomy and physiology of the human body.</p>
	GCSE - Physical Education (9-1) - J587 - OCR	GCSE - Physical Education (9-1) - J587 - OCR

<p>What useful websites are there for this topic?</p>	<p>England Netball Home Handball UK Sport About The RFU (englandrugby.com) About Us British Athletics About England Hockey</p>	<p>England Netball Home Handball UK Sport About The RFU (englandrugby.com) About Us British Athletics</p>
<p>What wider reading could be done for this topic?</p>	<p>OCR GCSE PE Revision Guide GCSE Physical Education OCR Revision Guide: perfect for the 2024 and 2025 exams (CGP OCR GCSE PE) : CGP Books, CGP Books: Amazon.co.uk: Books</p>	<p>OCR GCSE PE Revision Guide GCSE Physical Education OCR Revision Guide: perfect for the 2024 and 2025 exams (CGP OCR GCSE PE) : CGP Books, CGP Books: Amazon.co.uk: Books</p>
<p>What else can students be doing independently to develop their understanding of this topic?</p>	<p>Creating revision materials on each unit using the OCR student checklist for guidance. Wider reading around the skills needed for your chosen sport. Regularly attend sports clubs and fixtures, record results in logbooks. Attend all intervention sessions after school.</p>	<p>Creating revision materials on each unit using the OCR student checklist for guidance. Wider reading around advancing the skills for your chosen sport. Regularly attend sports clubs and fixtures, record results in logbooks. Attend all intervention sessions after school.</p>