

**Physical Education – GCSE PE
YEAR 10 CURRICULUM INFORMATION**

'Building knowledge, understanding, memory and performance.'

	Summer 1	Summer 2
What will students be learning?	In spring term one, students will continue focusing on the second theoretical aspect of the course. In their two theoretical lessons per week, students will be taught ethical and socio-cultural issues in physical activity. Students will complete each section, followed by a milestone, sequenced with a review lesson and feedback. Students will continue with one practical lesson per week revisiting core skills, advanced skills, decision making and tactical awareness in a variety of sports that link to their practical examination.	In spring two, students will start to explore the sports psychology aspect of the course during their two theoretical lessons per week. Students will develop their knowledge and understanding of the psychological factors that can affect performers. They will also develop their knowledge and understanding of how skills are taught and performed in a variety of sports. Once each section is taught, students will continue to be given a milestone, followed by a review lesson with feedback. Students will continue with one practical lesson per week revisiting core skills, advanced skills, decision making and tactical awareness in a variety of sports that link to their practical examination.
How will students be assessed?	Students will be given a milestone assessment after this section has been taught. This will be marked, and feedback given to the students during lessons. Students' practical ability will be assessed during lessons and verbalised feedback will be given.	Students will be given a milestone assessment after this section has been taught. This will be marked, and feedback given to the students during lessons. Students' practical ability will be assessed during lessons and verbalised feedback will be given.
Literacy – What keywords will be taught?	Ethics in sport- sportsmanship, gamesmanship, deviance, and violence in sport. Drugs in sport- Effect, performance, anabolic steroids, beta blockers, stimulants, impact.	Efficiency, pre-determined, co-ordinated, fluent, aesthetic, simple skills, complex skills, open skills, closed skills, continuum.
What employability skills are being developed?	Collaboration, resilience, planning and organisation, adaptability, leadership, management, responsibility, and problem solving.	Collaboration, resilience, communication, planning and organisation, adaptability, leadership, teamwork, management, responsibility, and problem solving.
Wider Curriculum Links?	Biology; the anatomy and physiology of the human body. Sociology.	Biology; the anatomy and physiology of the human body. Psychology- mental preparation techniques.
What useful websites are there for this topic?	GCSE - Physical Education (9-1) - J587 - OCR England Netball Home Handball UK Sport About The RFU (englandrugby.com) About Us British Athletics About England Hockey	GCSE - Physical Education (9-1) - J587 - OCR England Netball Home Handball UK Sport About The RFU (englandrugby.com) About Us British Athletics

<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>Regularly attend sports clubs and fixtures, record results in logbooks.</p>	<p>Regularly attend sports clubs and fixtures, record results in logbooks.</p>