



St Benedict's Catholic School

The Catholic Secondary School for West Suffolk

Physical Education GCSE Curriculum Guide

Year 10

Exam Board: EDEXCEL GCSE in Physical Education

To find out more about this particular course, please follow the link below.

<https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html>

Our aim in GCSE PE is to give students the confidence to succeed within both the theory and the practical elements of the course. Pupils will develop their knowledge and understanding in Fitness and Body Systems and Health and Performance as well as create their own personal exercise programme and perform in three chosen sports.

Component 1 Overview

This component assesses students' knowledge and understanding of the factors underpinning participation and performance in physical activity and sport. Students will develop their theoretical knowledge and understanding of the contribution that physical activity and sport make to health, fitness and well-being and how these can impact on their own performance.

Component 2 Overview

This component assesses students' knowledge and understanding of the factors underpinning participation and performance in physical activity and sport. Students will develop their theoretical knowledge and understanding of the contribution that physical activity and sport make to health, fitness and well-being and how these can impact on their own performance.

GCSE PE pupils will be taught two lessons of Component 1, one lesson of Component 2 and two lessons of practical across a fortnight.

Year 10:

Some topics do cross over into other terms due to when we start the topic and the amount of content involved.

Term	Topic Covered C1	Topic Covered C2	Practical Element
Autumn Term	<p>1.1 The structure and functions of the musculoskeletal system</p> <p>3.1 The relationship between health and fitness and the role that exercise plays in both</p> <p>3.2 The components of fitness, benefits for sport and how fitness is measured and improved.</p>	<p>1.1 Physical, emotional and social health, fitness and well-being</p> <p>1.2 The consequences of a sedentary lifestyle</p>	<p>1. Football -skills in isolation</p> <p>2. Netball -skills in isolation and gameplay</p> <p>3. Volleyball -skills in isolation and gameplay</p> <p>4. Fitness tests-preparing for PEP</p>
Spring Term	<p>3.2 The components of fitness, benefits for sport and how fitness is measured and improved.</p> <p>3.3 The principles of training and their application to personal exercise/ training programmes.</p> <p>1.2 The structure and functions of the cardiorespiratory system.</p>	<p>2.2 The use of goal setting and SMART targets to improve and/or optimise performance.</p>	<p>Completing PEP.</p> <p>Once complete, some practical lessons will be used for write up.</p> <p>If we have lessons available towards the end of this term we will complete some more netball skills in isolation and gameplay.</p>
Summer Term	<p>1.4 The short- and long-term effects of exercise.</p> <p>3.4 The long-term effects of exercise.</p>		<p>1. Athletics-skills in isolation and recording at the track.</p> <p>2. Basketball-skills in isolation</p>