



# St Benedict's Catholic School

The Catholic Secondary School for West Suffolk

## Physical Education GCSE Curriculum Guide

### Year 11

#### 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 11

Term	Topic Covered C1	Topic Covered C2	Practical Element
<b>Autumn Term</b>	<p><b>RE-CAP:</b></p> <p>1.2 The structure and functions of the cardiorespiratory system</p> <p>1.4 The short- and long-term effects of exercise</p> <p>3.5 How to optimise training and prevent injury</p> <p>2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement.</p> <p>2.2 Planes and axes of movement.</p>	<p>1.3 Energy use, diet, nutrition and hydration</p> <p>2.1 Classification of skills (basic/complex, open/closed)</p> <p>2.3 Guidance and feedback on performance</p> <p>2.4 Mental preparation for performance</p>	<p>Skills in isolation and gameplay:</p> <ol style="list-style-type: none"> <li>1. Netball</li> <li>2. Rugby</li> <li>3. Volleyball</li> <li>4. Football</li> </ol>
<b>Spring Term</b>	<p>3.6 Effective use of warm up and cool down.</p> <p>1.3 Anaerobic and aerobic exercise.</p> <p><b>Once C1 units are complete</b>, pupils are asked their strengths and weaknesses and work is re-capped on their main areas of weakness. These lessons involve, topic re-cap and exam related questions.</p>	<p>2.4 Mental preparation for performance</p> <p>3.1 Engagement patterns of different social groups in physical activity and sport</p> <p>3.2 Commercialisation of physical activity and sport</p> <p>3.3 Ethical and socio-cultural issues in physical activity and sport</p> <p><b>Once C2 units are complete</b>, pupils are asked their strengths and weaknesses and work is re-capped on their main areas of weakness. These lessons</p>	<p>Skills in isolation and gameplay:</p> <ol style="list-style-type: none"> <li>1. Netball</li> <li>2. Rugby</li> <li>3. Volleyball</li> <li>4. Football</li> </ol>

		involve, topic re-cap and exam related questions.	
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