



# St Benedict's Catholic School

*Developing Wisdom, Compassion and Resilience  
through Prayer and Work*

## Edexcel GCSE PE Department Curriculum Guide

### Year 10

#### Curriculum

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	1.1 The structure and functions of the musculoskeletal system 3.1 The relationship between health and fitness and the role that exercise plays in both	1.1 Physical, emotional and social health, fitness and well-being 1.2 The consequences of a sedentary lifestyle	1. Football -skills in isolation 2. Netball -skills in isolation and gameplay The third sport may be different due to the pupils involved and



# St Benedict's Catholic School

*Developing Wisdom, Compassion and Resilience  
through Prayer and Work*

	3.2 The components of fitness, benefits for sport and how fitness is measured and improved.		ensuring they are applicable to their chosen sports. 3. Volleyball -skills in isolation and gameplay 4. Fitness tests- preparing for PEP
<b>Spring Term</b>	3.2 The components of fitness, benefits for sport and how fitness is measured and improved. 3.3 The principles of training and their application to personal exercise/ training programmes. 1.2 The structure and functions of the cardiorespiratory system.	2.2 The use of goal setting and SMART targets to improve and/or optimise performance.	Completing PEP. Once complete, some practical lessons will be used for write up. If we have lessons available towards the end of this term we will complete some more netball skills in isolation and gameplay.
<b>Summer Term</b>	1.4 The short- and long- term effects of exercise. 3.4 The long-term effects of exercise.		1. Athletics- skills in isolation and recording. 2. Any other sports chosen by pupils that we can complete in school e.g. table tennis.

## Assessment & Homework

Pupils will have end of unit tests throughout the two years and pupils will be assessed throughout the two years in the sports covered in lessons. These assessments will be used to formulate assessment point grades. Pupils will also have mocks in the summer term of year 10 and autumn and spring terms of year 11.

Pupils will be set homework for components 1 and 2 throughout the year, which is based on knowledge being learnt in class and also preparing them for future lessons. Pupils who are being assessed in a sport that they compete in out of school are required to gather evidence of their skills in isolation and competition.



## **Extra and Super Curricular Opportunities**

Throughout the year there are a variety of extra-curricular activities available through the Physical Education department. These clubs are held at lunchtime and after school and the school is fully involved in many competitions against other schools. Please refer to the Extra-curricular timetable that is sent out each term throughout the year.

We also have GCSE revision sessions for pupils to attend at lunchtimes and after school sessions for the filming of specific sports for pupils practical assessment.