

Edexcel GCSE PE Department Curriculum Guide

Year 11

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 11

Term	Topic Covered C1	Topic Covered C2	Practical Element
Autumn Term	RE-CAP: 1.2 The structure and functions of the cardiorespiratory system 1.4 The short- and long- term effects of exercise 3.5 How to optimise training and prevent injury 2.1 Lever systems, examples of their use in	1.3 Energy use, diet, nutrition and hydration 2.1 Classification of skills (basic/complex, open/closed) 2.3 Guidance and feedback on performance 2.4 Mental preparation for performance	Filming of skills in isolation and gameplay: 1. Netball 2. Football Plus any other sports required.



St Benedict's Catholic School

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

	<p>activity and the mechanical advantage they provide in movement.</p> <p>2.2 Planes and axes of movement.</p>		
<p>Spring Term</p>	<p>3.6 Effective use of warm up and cool down.</p> <p>1.3 Anaerobic and aerobic exercise.</p> <p>Once C1 units are complete, 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>Once C2 units are complete, 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>-Filming of skills in isolation and gameplay in all sports required (that can be completed in school) for moderation day.</p> <p>-Moderation day prep.</p>

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.