Curriculum Overview: Y10 PE (GCSE)

Mixed ability classes	5 lessons per fortnight	1 assessment each half term

Topics covers

Paper 1: Physical Factors Affecting Performance

- Applied anatomy and physiology, focusing on how the body's systems support physical performance.

- Physical training, which explores principles and methods to enhance fitness.

Paper 2: Socio-cultural Issues and Sports Psychology

- Socio-cultural influences on participation and performance, considering factors like age, gender, and culture.

- Sports psychology addresses the role of motivation and mental preparation in improving performance.

- Health, fitness, and well-being highlights the importance of physical activity, healthy lifestyles, and the impact of lifestyle choices on fitness.

1 practical lesson a fortnight focussing on climbing, handball and athletics.

What examination are we preparing for?

Qualification:	Exam board:	Number of papers:
GCSE	OCR	2

- **Practical 30%** - internally assessed and externally moderated

Students will be assessed on their practical performance in climbing, handball and athletics, as well as any sports in which they compete in, either representing school or a local club. Strong skill level required across 3 different sports.

- **Written coursework 10%** - internally assessed and externally moderated

Analysing and evaluating performance, conducting movement analysis, and developing an action plan to improve a skill weakness.

- **Examination 60%** - (2x 60 mark, 1 hour papers)
  - Paper 1: Physical Factors Affecting Performance
  - Paper 2: Socio-cultural Issues and Sports Psychology

Extra curricular/enrichment/further study opportunities:

An exciting trip to the English Institute of Sport in Sheffield (Summer term Y10). Strong recommendation to attend extra curricular in additional sports that students are being practically assessed in.