

Year 10 – GCSE PE Programme of Study

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Physical Training (Theory) Knowledge: Components of Fitness and Fitness Testing. Assessment: Mock BTEC Assignment and GCSE Assessment</p> <p>Sporting Assessments (Practical) Skills: Range & quality of skills, Physical attributes Knowledge: Rules and regulations Concepts: Decision Making, Tactical awareness, Compositional requirements. Assessment: Practical assessments in Badminton, Hockey, Swimming and Trampolineing</p>	<p>Physical Factors Affecting Performance (Theory) Skills: Exam technique Knowledge: Energy systems, Skeletal & muscular systems, Planes and Axes, Levers. Assessment: Movement Analysis</p> <p>Sporting Assessments (Practical) As Autumn 1 Assessment: Practical assessments in a range of Sports listed on OCR GCSE PE Specification.</p>	<p>Physical Factors Affecting Performance (Theory) Skills: Exam technique Knowledge: Circulatory system, Respiratory system, Short term effects of exercise, Long term effects of exercise. Assessment: Anatomy & physiology End of unit test.</p> <p>Sporting Assessments (Practical) As Autumn 1 Assessment: Practical assessments in a range of Sports listed on OCR GCSE PE Specification.</p>	<p>Physical Training (Theory) Knowledge: Principles of training, Optimising training, Injury prevention. Assessment: Year 10 Exam.</p> <p>Revision (Theory) Knowledge: Physical Factors Affecting Performance Assessment: Year 10 Exam.</p>	<p>Sporting Assessments (Practical) As Autumn 1 Assessment: Practical assessments in Athletics, Cricket, Tennis.</p> <p>NEA (Coursework) Skills: Data Analysis, Evaluation Knowledge: Components of Fitness and Fitness testing Assessment: Evaluation Section of Coursework</p>	<p>Sporting Assessments (Practical) As Autumn 1 Assessment: Practical assessments in Athletics, Cricket, Tennis.</p> <p>NEA (Coursework) Skills: Analysis Knowledge: Components of Fitness Assessment: Analysis Section of Coursework</p>