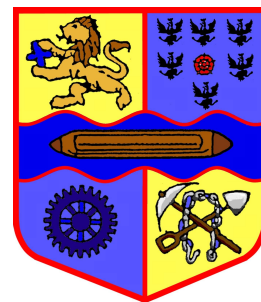


Haslingden High School

PE Faculty



Edexcel GCSE PE

	Content
YEAR 10 GCSE PE	<p>Team sports</p> <p>Football Netball Volleyball Badminton Hockey Basketball Handball</p> <p>Individual Sports</p> <p>Trampolining Athletics Badminton Table Tennis</p> <p>Fitness testing - to be used as part of the year 11 PEP coursework.</p> <p>Supporting Theory: Order of teaching</p> <p>Benefits of Sport and Physical Activity Lifestyle choices and Impact of lifestyle choices Consequences of a sedentary lifestyles Diet and its effect on sports performance Importance of warm ups and cool downs The Key Components of fitness and how to test them The Key Principles of training The Key Methods of training Functions of the skeletal system Classification of bones Structure of the skeletal system Classification and roles of muscles Location and roles of key voluntary muscles Antagonistic muscles Fast and slow twitch muscle fibres Role of ligaments and tendons Structure and function of cardiovascular system Arteries, capillaries and veins Vascular shunting Components of blood and their significance for physical activity Respiratory system – composition of air; lung volumes Location and roles of principal components of respiratory system Structure and function of alveoli Energy sources; aerobic and anaerobic exercise and short term effects of exercise Long term effects of training on the musculo-skeletal system Long term effects of training on the cardio-respiratory system Identification and treatment of injury Injury prevention in physical activity Performance enhancing drugs</p>

YEAR 11 GCSE PE	<p>Practical Development</p> <p>Team sports Football Netball Volleyball Badminton Hockey Basketball Handball</p> <p>Individual Sports Trampolining Athletics Badminton Table Tennis</p> <p>Inter school practical moderation to ensure the most accurate grading system</p> <p>PEP coursework Worth 10% of overall grade. Uses the testing data and knowledge of anatomy and physiology covered in year 10.</p> <p>Lever system – first, second and third class levers Mechanical advantage in sport and physical activity Movement possibilities at joints Utilisation of movement in physical activity Joint classification and impact on movement axes Planes and axes – generalised movement patterns Classification of skills Forms of practice – theory and practical application Types of guidance – theory and practical application Types of guidance – practical application Mental preparation for performance; types of feedback Sports psychology – use of data Factors affecting participation in physical activity Participation rate trends – use of data Commercialisation and the media Advantages and disadvantages of commercialisation Sporting behaviours Deviance in sport</p>
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Curriculum Overview: Order of study with Exam / Assessment Check

Year 10

TOPIC GUIDE 6: Health, Fitness and Well-being (Paper 2: Health and Performance)

- 1 Physical, emotional and social health
- 2 Lifestyle choices
- 3 Impact of lifestyle choices
- 4 Sedentary lifestyles and consequences
- 5 Balanced diet and the role of nutrients
- 6 Dietary manipulation for sport
- 7 Optimum weight

TOPIC GUIDE 3: Physical Training (Paper 1 : Fitness and Body Systems)

- 8 Components of fitness
- 9 Fitness tests – theory and practice
- 10 Fitness tests – theory and practice
- 11 Principles of training
- 12 Methods of training

13 PARQs; warm ups and cool downs

Exam Block A exam

Exam Block A feedback and CTG

TOPIC GUIDE 3 : How to Optimise and Prevent Injury (Paper 1 - Fitness and Body Systems)

14 Performance enhancing drugs

15 Performance enhancing drugs

TOPIC GUIDE 1 : Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems)

16 Functions of the skeletal system

17 Classification of bones

18 Structure of the skeletal system

19 Movement possibilities at joints

20 Utilisation of movement in physical activity

21 Classification and roles of muscles

22 Location and roles of key voluntary muscles

23 Antagonistic muscles

24 Fast and slow twitch muscle fibres

25 Role of ligaments and tendons

26 Identification and treatment of injury

27 Injury prevention in physical activity

Exam Block B exam

Exam Block B feedback and CTG

28 Structure and function of cardiovascular system

29 Structure and function of cardiovascular system

30 Arteries, capillaries and veins

31 Vascular shunting

32 Components of blood and their significance for physical activity

33 Respiratory system – composition of air; lung volumes

34 Location and roles of principal components of respiratory system

35 Location and roles of principal components of respiratory system

36 Structure and function of alveoli

37 Energy sources; aerobic and anaerobic exercise and short term effects of exercise

38 Energy sources; aerobic and anaerobic exercise and short term effects of exercise

39 Long term effects of training on the musculo-skeletal system

40 Long term effects of training on the cardio-respiratory system

41 Block C exam

42 Block C feedback and CTG

Year 11

PEP Coursework: 10% of overall grade

1 PARQs; warm ups and cool downs

2 An introduction to using a PEP to develop fitness, health and exercise and performance

3 Application of principles of training to a PEP

4 Application of methods of training to a PEP

5 PEP coursework

6 PEP coursework

7 PEP coursework

8 PEP coursework

TOPIC GUIDE 2: Movement Analysis (Paper 1: Fitness and Body Systems)

9 Lever system – first, second and third class levers

- 10 Lever system – first, second and third class levers
- 11 Mechanical advantage in sport and physical activity
- 12 Mechanical advantage in sport and physical activity
- 13 Joint classification and impact on movement axes
- 14 Planes and axes – generalised movement patterns
- 15 Planes and axes – generalised movement patterns

16 Block A exam

17 Block A feedback and CTG

TOPIC GUIDE 4 - Sport Psychology (Paper 2 - Health and Performance)

- 19 Classification of skills
- 20 Classification of skills
- 21 Forms of practice – theory and practical application
- 22 Forms of practice – theory and practical application
- 23 Types of guidance – theory and practical application
- 24 Types of guidance – practical application
- 25 Mental preparation for performance; types of feedback
- 26 Mental preparation for performance; types of feedback
- 27 Sports psychology – use of data

TOPIC GUIDE 5 : Socio - Cultural Influences (Paper 2 - Health and Performance)

- 29 Factors affecting participation in physical activity 1
- 30 Factors affecting participation in physical activity 2
- 31 Participation rate trends – use of data 1
- 32 Participation rate trends – use of data 2
- 33 Commercialisation and the media 1
- 34 Commercialisation and the media 2
- 35 Advantages and disadvantages of commercialisation 1
- 36 Advantages and disadvantages of commercialisation 2
- 37 Sporting behaviours 1
- 38 Sporting behaviours 2
- 39 Deviance in sport 1
- 40 Deviance in sport 2

41 Block B exam

42 Block B feedback and CTG : Followed by personalised revision plans for summer exams