

Edexcel GCSE Physical Education Year 9

Autumn Term	Spring Term	Summer Term
<p><u>Half Term 1</u></p> <p>Unit/ Topic title: Fitness & Body systems Topic 1, Applied anatomy and physiology Structure & Functions of the musculo-skeletal system</p> <p>Learning weeks: 7 weeks, 14 lessons</p> <p>Key learning (knowledge and skills):</p> <ul style="list-style-type: none"> • Functions of the skeletal system and its importance in physical activity • Types of bones and joints and how they are classified in the body. • Structure of the musculo-skeletal system • Movements possible at joints within the body • The role of ligaments and tendons and their relevance to physical activity and sport • Classification and characteristics of muscle types • How the main muscles are used during physical activity • How the muscular system works with the skeleton o allow participation in physical activity and sport. <p>Assessment: Structure and functions of the musculo skeletal system Exam – (50 marks)</p> <p>Key vocabulary: Muscular strength, Muscular endurance, structure, anatomy, physiology, tendons, ligaments, antagonistic, agonist, antagonist,, ossification, somatotype, cartilage, flat, long, short, irregular, flexion, extension, dorsiflexion, plantarflexion, adduction, abduction.</p>	<p><u>Half Term 1</u></p> <p>Unit/ Topic title: Health & performance Topic 1, Health fitness and wellbeing The consequences of sedentary lifestyle</p> <p>Learning weeks: 7 weeks, 14 lessons</p> <p>Key learning (knowledge and skills):</p> <ul style="list-style-type: none"> • What is a sedentary lifestyle and its impact on health and wellbeing • The consequences of a sedentary lifestyle for health • How to interpret and analyse graphs showing health trend data. <p>Assessment: Presentations</p> <p>Key vocabulary: Osteoporosis, serotonin, depressant, sedative, lifestyle choices, High density lipoprotein cholesterol HDL. Adrenaline, bronchitis, passive smoking, Type 2 diabetes,</p> <p>Core texts: Tony Scott – Edexcel GCSE PE – 2nd edition</p> <p>Key websites and media to support learning: Seneca Learning, GCSE POD, BBC bitesize, Memrise Edexcel GCSE PE</p>	<p><u>Half Term 1</u></p> <p>Unit/ Topic title: Health & performance Topic 2, Sport Psychology Classification of skills, Use of Goal setting & SMART goals to improve performance. Guidance and feedback on performance.</p> <p>Learning weeks: 7 weeks, 14 lessons</p> <p>Key learning (knowledge and skills):</p> <ul style="list-style-type: none"> • How to classify sports skills as open/closed, basic (simple)/complex and low organisation/high organisational • Practice structures – massed, distributed, fixed, variable • How to apply these to choose the best practice to develop a range of skills <p>Assessment: Health & performance, topic 2 exam – 50 marks</p> <p>Key vocabulary: Practice structures, massed, fixed, distributed, variable, classification of skills, open, closed, simple, complex, high organisation, low organisation, SMART, Types of guidance, visual, verbal, manual, mechanical, feedback, intrinsic, extrinsic, concurrent, terminal, mental rehearsal, visualisation</p> <p>Core texts: Tony Scott – Edexcel GCSE PE – 2nd edition</p> <p>Key websites and media to support learning:</p>

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Edexcel GCSE Physical Education Year 9

Autumn Term	Spring Term	Summer Term
<p><u>Half Term 2</u></p> <p>Unit/ Topic title: Health & performance Topic 1, Health fitness and wellbeing Physical and social health, fitness & wellbeing</p> <p>Learning weeks: 7 weeks, 14 lessons</p> <p>Key learning (knowledge and skills):</p> <ul style="list-style-type: none"> • How increasing physical ability can improve health and reduce health risks. • How taking part in sport can improve emotional health • How taking part in sport can improve social health • The impacts of fitness on wellbeing – both positive and negative • How to use the personal exercise programme to promote personal health • Lifestyle choices and their impact on health, fitness and wellbeing. <p>Assessment: Summative assessment – Progress over time in books</p> <p>Key vocabulary: Osteoporosis, serotonin, depressant, sedative, lifestyle choices, High</p>	<p><u>Half Term 2</u></p> <p>Unit/ Topic title: Health & performance Topic 1, Health fitness and wellbeing Energy Use, diet, nutrition & hydration</p> <p>Learning weeks: 7 weeks, 14 lessons</p> <p>Key learning (knowledge and skills):</p> <ul style="list-style-type: none"> • What makes a balanced diet • The role of macronutrients and micronutrients for physical activity. • Factors affecting weight, variations in weight for different sports and energy balance for weight control • Hydration and physical activity <p>Assessment: Health and performance, topic 1 exam – 50 marks</p> <p>Key vocabulary: Macronutrients, micronutrients, fats, carbohydrates, Carbo-loading, protein, water, fibre, complex carbs, simple carbs, dehydration, optimum weights, height, bone structure, muscle girth, gender,</p>	<p><u>Half Term 2</u></p> <p>Unit/ Topic title: Health & performance Topic 3, Socio-cultural influences Engagement pattern, Commercialisation of Physical activity and sport, ethical * socio-cultural issues in physical activity and sport</p> <p>Learning weeks: 7 weeks, 14 lessons</p> <p>Key learning (knowledge and skills):</p> <ul style="list-style-type: none"> • The impact gender, age, socio-economic group, ethnicity, disability and the other people's influence have to participation in sport. • How to interpret data in graphs about participation rates • How commercialisation and the media affect sport, and their impact on those involved • Trends in sport • Different types of sporting behaviour <p>Assessment: Health & Performance GCSE PE Past paper EOY exam 9 (Component 2) – 70 marks – 1 Hour 15 Minutes</p>

<p>density lipoprotein cholesterol HDL. Adrenaline, bronchitis, passive smoking,</p> <p>Core texts: Tony Scott – Edexcel GCSE PE – 2nd edition</p> <p>Key websites and media to support learning: Seneca Learning, GCSE POD, BBC bitesize, Memrise Edexcel GCSE PE</p>	<p>Core texts: Tony Scott – Edexcel GCSE PE – 2nd edition</p> <p>Key websites and media to support learning: Seneca Learning, GCSE POD, BBC bitesize, Memrise Edexcel GCSE PE</p>	<p>Key vocabulary: Commercialisation, media, sport, golden triangle, Deviance, negative deviance, positive deviance, sportsmanship, gamesmanship,</p> <p>Core texts: Tony Scott – Edexcel GCSE PE – 2nd edition</p> <p>Key websites and media to support learning: Seneca Learning, GCSE POD, BBC bitesize, Memrise Edexcel GCSE PE</p>
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Edexcel GCSE Physical Education Year 10		
Autumn Term	Spring Term	Summer Term
<p><u>Half Term 1</u></p> <p>Unit/ Topic title: Fitness & Body systems Topic 3 – Physical Training</p> <p>Learning weeks: 7 weeks, 14 lessons</p> <p>Key learning (knowledge and skills):</p> <ul style="list-style-type: none"> • The relationship between health and fitness and the role that exercise plays in both. • The components of fitness, benefits for sport and how fitness is measured and improved. • The principles of training and their application to personal exercise/training programmes. 	<p><u>Half Term 1</u></p> <p>Unit/ Topic title: Fitness & Body systems Topic 1, Applied anatomy and physiology Structure & Functions of the musculo-skeletal system</p> <p>Learning weeks: 7 weeks, 14 lessons</p> <p>Key learning (knowledge and skills):</p> <ul style="list-style-type: none"> • Functions of the skeletal system and its importance in physical activity • Types of bones and joints and how they are classified in the body. • Structure of the musculo-skeletal system 	<p><u>Half Term 1</u></p> <p>Unit/ Topic title: Fitness & Body systems Topic 1 - Applied anatomy and physiology The short & long term effects of exercise, Aerobic and anaerobic exercise</p> <p>Learning weeks: 7 weeks, 14 lessons</p> <p>Key learning (knowledge and skills):</p> <ul style="list-style-type: none"> • How the body uses glucose and oxygen to release energy • How fats and carbohydrates give energy for different sorts of activity

Assessment: Personal exercise Programme PEP (Controlled assessment)

Key vocabulary: Health, fitness, exercise, performance, skill related fitness, agility, balance, coordination, power, speed, reaction time, health related fitness, cardiovascular fitness, flexibility, muscular endurance, body composition, muscular strength, principles of training, individual needs, specificity, progressive overload, FITT, rest and recovery, thresholds of training, karvonen formula, methods of training

Core texts: Tony Scott – Edexcel GCSE PE – 2nd edition

Key websites and media to support learning: Seneca Learning, GCSE POD, BBC bitesize, Memrise Edexcel GCSE PE

- Movements possible at joints within the body
- The role of ligaments and tendons and their relevance to physical activity and sport
- Classification and characteristics of muscle types
- How the main muscles are used during physical activity
- How the muscular system works with the skeleton to allow participation in physical activity and sport.

Assessment: Structure and functions of the musculo skeletal system Exam – (50 marks)

Key vocabulary: Muscular strength, Muscular endurance, structure, anatomy, physiology, tendons, ligaments, antagonistic, agonist, antagonist, ossification, somatotype, cartilage, flat, long, short, irregular, flexion, extension, dorsiflexion, plantarflexion, adduction, abduction.

Core texts: Tony Scott – Edexcel GCSE PE – 2nd edition

Key websites and media to support learning: Seneca Learning, GCSE POD, BBC bitesize, Memrise Edexcel GCSE PE

- The short & long term effects of physical activity on your muscles, heart & respiratory system
- How the respiratory and cardiovascular systems work together so people can take part in physical activity and recover from it
- How to interpret graphs showing heart rate, stroke volume and cardiac output values at rest and during exercise.

Assessment: Fitness & body systems exam (Component 1) – 90 marks

Key vocabulary: functions, transports, oxygen, clots blood, regulates body temperature, structure, tidal volume, vital capacity, aerobic, anaerobic, glucose, energy

Core texts: Tony Scott – Edexcel GCSE PE – 2nd edition

Key websites and media to support learning: Seneca Learning, GCSE POD, BBC bitesize, Memrise Edexcel GCSE PE

Edexcel GCSE Physical Education Year 10

Autumn Term	Spring Term	Summer Term
<p><u>Half Term 2</u></p> <p>Unit/ Topic title: Fitness & Body systems Topic 3 – Physical Training</p> <p>Learning weeks: 7 weeks, 14 lessons</p> <p>Key learning (knowledge and skills):</p> <ul style="list-style-type: none"> • The long term effects of exercise • How to optimise training and prevent injury • Performance enhancing drugs • Effective use of warm up & cool down <p>Assessment: Personal exercise Programme PEP (Controlled assessment)</p> <p>Key vocabulary: Long term effects, short term effects, optimising training, warm up, pulse raiser, stretching, range of movement, skill practice</p> <p>Core texts: Tony Scott – Edexcel GCSE PE – 2nd edition</p> <p>Key websites and media to support learning: Seneca Learning, GCSE POD, BBC bitesize, Memrise Edexcel GCSE PE</p>	<p><u>Half Term 2</u></p> <p>Unit/ Topic title: Fitness & Body systems Topic 1 - Applied anatomy and physiology Cardio-respiratory system</p> <p>Learning weeks: 7 weeks, 14 lessons</p> <p>Key learning (knowledge and skills):</p> <ul style="list-style-type: none"> • The main functions and structure of the cardiovascular system and its role in physical activity • The structure of arteries, capillaries and veins • How blood flows and is distributed • The function and importance of red and white blood cells, platelets and plasma • The composition of air, and how vital capacity and tidal volume impact on sporting activity • The location and role of parts of the respiratory system • The structure of the alveoli and the process of gas exchange • How the cardiovascular and respiratory systems work together to let us take part in sport. <p>Assessment: Musculo-skeletal system & cardiovascular system exam – 50 marks</p>	<p><u>Half Term 2</u></p> <p>Unit/ Topic title: Fitness & Body systems Topic 2 – Movement analysis Lever systems Planes and axes of movements</p> <p>Learning weeks: 7 weeks, 14 lessons</p> <p>Key learning (knowledge and skills):</p> <ul style="list-style-type: none"> • 1st, 2nd and 3rd class levers and how they are used in physical activity and sport • How level systems affect the range of movement and their impact on sporting performance • How the body uses a range of planes and axes to create movement patterns • How planes and axes are used during sporting actions, such as summersaults, cartwheels and twist jumps on the trampoline. <p>Assessment: End of year exams Health & performance component 1 exam (70 marks) Fitness and body systems exam (90 marks)</p> <p>Key vocabulary: Body planes, sagittal, frontal, transverse, body axes, frontal, sagittal, vertical</p>

	<p>Key vocabulary: functions, transports, oxygen, clots blood, regulates body temperature, structure, tidal volume, vital capacity, aerobic, anaerobic, glucose, energy</p> <p>Core texts: Tony Scott – Edexcel GCSE PE – 2nd edition</p> <p>Key websites and media to support learning: Seneca Learning, GCSE POD, BBC bitesize, Memrise Edexcel GCSE PE</p>	<p>Core texts: Tony Scott – Edexcel GCSE PE – 2nd edition</p> <p>Key websites and media to support learning: Seneca Learning, GCSE POD, BBC bitesize, Memrise Edexcel GCSE PE</p>
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Edexcel GCSE Physical Education Year 11		
Autumn Term	Spring Term	Summer Term
<p><u>Half Term 1</u></p> <p>Recap where needed for year group/students</p> <p>Unit/ Topic title: Health & performance Topic 1, Health fitness and wellbeing Topic 2, Sport psychology Topic 3, Socio-cultural influences</p> <p>Learning weeks: 7 weeks, 14 lessons</p> <p>Key learning (knowledge and skills):</p> <ul style="list-style-type: none"> • How increasing physical ability can improve health and reduce health risks. • How taking part in sport can improve emotional health 	<p><u>Half Term 1</u></p> <p>Recap where needed for year group/students</p> <p>Unit/ Topic title: Health & performance Topic 1, Health fitness and wellbeing Topic 2, Sport psychology Topic 3, Socio-cultural influences</p> <p>Learning weeks: 7 weeks, 14 lessons</p> <p>Key learning (knowledge and skills):</p> <ul style="list-style-type: none"> • How increasing physical ability can improve health and reduce health risks. • How taking part in sport can improve emotional health 	<p><u>Half Term 1</u></p> <p>Student specific support and interventions/Revision for Final Exams</p>

- How taking part in sport can improve social health
- The impacts of fitness on wellbeing – both positive and negative
- How to use the personal exercise programme to promote persona health
- Lifestyle choices and their impact on health, fitness and wellbeing. What is a sedentary lifestyle and its impact on health and wellbeing
- The consequences of a sedentary lifestyle for health
- How to interpret and analyse graphs showing health trend data.
- How to classify sports skills as open/closed, basic (simple)/complex and low organisation/high organisational
- Practice structures – massed, distributed, fixed, variable
- How to apply these to choose the best practice to develop a range of skills
- What makes a balanced diet
- The role of macronutrients and micronutrients for physical activity.
- Factors affecting weight, variatins in weight for different sports and energy balance for weight control
- Hydration and physical activity
- The impact gender, age, socio-economic group, ethnicity, disability and the other people’s influence have to participation in sport.
- How to interpret data in graphs about participation rates
- How commercialisation and the media affect sport, and their impact on those involved
- Trends in sport
- Different types of sporting behaviour

**Assessment: Health & performance exam
(Component 2) 70 marks**

- How taking part in sport can improve social health
- The impacts of fitness on wellbeing – both positive and negative
- How to use the personal exercise programme to promote persona health
- Lifestyle choices and their impact on health, fitness and wellbeing. What is a sedentary lifestyle and its impact on health and wellbeing
- The consequences of a sedentary lifestyle for health
- How to interpret and analyse graphs showing health trend data.
- How to classify sports skills as open/closed, basic (simple)/complex and low organisation/high organisational
- Practice structures – massed, distributed, fixed, variable
- How to apply these to choose the best practice to develop a range of skills
- What makes a balanced diet
- The role of macronutrients and micronutrients for physical activity.
- Factors affecting weight, variatins in weight for different sports and energy balance for weight control
- Hydration and physical activity
- The impact gender, age, socio-economic group, ethnicity, disability and the other people’s influence have to participation in sport.
- How to interpret data in graphs about participation rates
- How commercialisation and the media affect sport, and their impact on those involved
- Trends in sport
- Different types of sporting behaviour

**Assessment: Health & performance exam
(Component 2) 70 marks**

Key vocabulary: Osteoporosis, serotonin, depressant, sedative, lifestyle choices, High density lipoprotein cholesterol HDL. Adrenaline, bronchitis, passive smoking, Practice structures, massed, fixed, distributed, variable, classification of skills, open, closed, simple, complex, high organisation, low organisation, SMART, Types of guidance, visual, verbal, manual, mechanical, feedback, intrinsic, extrinsic, concurrent, terminal, mental rehearsal, visualisation, Macronutrients, micronutrients, fats, carbohydrates, Carbo-loading, protein, water, fibre, complex carbs, simple carbs, dehydration, optimum weights, height, bone structure, muscle girth, gender,

Core texts: Tony Scott – Edexcel GCSE PE – 2nd edition

Key websites and media to support learning: Seneca Learning, GCSE POD, BBC bitesize, Memrise Edexcel GCSE PE

Key vocabulary: Osteoporosis, serotonin, depressant, sedative, lifestyle choices, High density lipoprotein cholesterol HDL. Adrenaline, bronchitis, passive smoking, Practice structures, massed, fixed, distributed, variable, classification of skills, open, closed, simple, complex, high organisation, low organisation, SMART, Types of guidance, visual, verbal, manual, mechanical, feedback, intrinsic, extrinsic, concurrent, terminal, mental rehearsal, visualisation, Macronutrients, micronutrients, fats, carbohydrates, Carbo-loading, protein, water, fibre, complex carbs, simple carbs, dehydration, optimum weights, height, bone structure, muscle girth, gender,

Core texts: Tony Scott – Edexcel GCSE PE – 2nd edition

Key websites and media to support learning: Seneca Learning, GCSE POD, BBC bitesize, Memrise Edexcel GCSE PE

Autumn Term	Spring Term	Summer Term
<p><u>Half Term 2</u></p> <p>Recap where needed for year group/students</p> <p>Unit/ Topic title: Fitness & Body systems Topic 1, Applied anatomy and physiology Topic 2, Movement analysis Topic 3, Physical Training</p> <p>Learning weeks: 7 weeks, 14 lessons</p> <p>Key learning (knowledge and skills):</p> <ul style="list-style-type: none"> • The relationship between health and fitness and the role that exercise plays in both. • The components of fitness, benefits for sport and how fitness is measured and improved. • The principles of training and their application to personal exercise/training programmes. • Functions of the skeletal system and its importance in physical activity • Types of bones and joints and how they are classified in the body. • Structure of the musculo-skeletal system • Movements possible at joints within the body • The role of ligaments and tendons and their relevance to physical activity and sport • Classification and characteristics of muscle types • How the main muscles are used during physical activity • How the muscular system works with the skeleton o allow participation in physical activity and sport. • How the body uses glucose and oxygen to release energy 	<p><u>Half Term 2</u></p> <p>Recap where needed for year group/students</p> <p>Unit/ Topic title: Fitness & Body systems Topic 1, Applied anatomy and physiology Topic 2, Movement analysis Topic 3, Physical Training</p> <p>Learning weeks: 7 weeks, 14 lessons</p> <p>Key learning (knowledge and skills):</p> <ul style="list-style-type: none"> • The relationship between health and fitness and the role that exercise plays in both. • The components of fitness, benefits for sport and how fitness is measured and improved. • The principles of training and their application to personal exercise/training programmes. • Functions of the skeletal system and its importance in physical activity • Types of bones and joints and how they are classified in the body. • Structure of the musculo-skeletal system • Movements possible at joints within the body • The role of ligaments and tendons and their relevance to physical activity and sport • Classification and characteristics of muscle types • How the main muscles are used during physical activity • How the muscular system works with the skeleton o allow participation in physical activity and sport. • How the body uses glucose and oxygen to release energy • How fats and carbohydrates give energy for different sorts of activity 	<p><u>Half Term 2</u></p>

- How fats and carbohydrates give energy for different sorts of activity
- The short & long term effects of physical activity on your muscles, heart & respiratory system
- How the respiratory and cardiovascular systems work together so people can take part in physical activity and recover from it
- How to interpret graphs showing heart rate, stroke volume and cardiac output values at rest and during exercise.
- The long term effects of exercise
- How to optimise training and prevent injury
- Performance enhancing drugs
- Effective use of warm up & cool down
- The main functions and structure of the cardiovascular system and its role in physical activity
- The structure of arteries, capillaries and veins
- How blood flows and is distributed
- The function and importance of red and white blood cells, platelets and plasma
- The composition of air, and how vital capacity and tidal volume impact on sporting activity
- The location and role of parts of the respiratory system
- The structure of the alveoli and the process of gas exchange
- How the cardiovascular and respiratory systems work together to let us take part in sport.
- 1st, 2nd and 3rd class levers and how they are used in physical activity and sport
- How level systems affect the range of movement and their impact on sporting performance
- How the body uses a range of planes and axes to create movement patterns
- How planes and axes are used during sporting actions, such as summersaults,

- The short & long term effects of physical activity on your muscles, heart & respiratory system
- How the respiratory and cardiovascular systems work together so people can take part in physical activity and recover from it
- How to interpret graphs showing heart rate, stroke volume and cardiac output values at rest and during exercise.
- The long term effects of exercise
- How to optimise training and prevent injury
- Performance enhancing drugs
- Effective use of warm up & cool down
- The main functions and structure of the cardiovascular system and its role in physical activity
- The structure of arteries, capillaries and veins
- How blood flows and is distributed
- The function and importance of red and white blood cells, platelets and plasma
- The composition of air, and how vital capacity and tidal volume impact on sporting activity
- The location and role of parts of the respiratory system
- The structure of the alveoli and the process of gas exchange
- How the cardiovascular and respiratory systems work together to let us take part in sport.
- 1st, 2nd and 3rd class levers and how they are used in physical activity and sport
- How level systems affect the range of movement and their impact on sporting performance
- How the body uses a range of planes and axes to create movement patterns
- How planes and axes are used during sporting actions, such as summersaults, cartwheels and twist jumps on the trampoline.

**Assessment: Fitness and body systems exam
(Component 1) 90 Marks**

cartwheels and twist jumps on the trampoline.

Assessment: Fitness and body systems exam (Component 1) 90 Marks

Key vocabulary: Muscular strength, Muscular endurance, structure, anatomy, physiology, tendons, ligaments, antagonistic, agonist, antagonist,, ossification, somatotype, cartilage, flat, long, short, irregular, flexion, extension, dorsiflexion, plantarflexion, adduction, abduction.

Core texts: Tony Scott – Edexcel GCSE PE – 2nd edition

Key websites and media to support learning: Seneca Learning, GCSE POD, BBC bitesize, Memrise Edexcel GCSE PE

Key vocabulary: Muscular strength, Muscular endurance, structure, anatomy, physiology, tendons, ligaments, antagonistic, agonist, antagonist,, ossification, somatotype, cartilage, flat, long, short, irregular, flexion, extension, dorsiflexion, plantarflexion, adduction, abduction.

Core texts: Tony Scott – Edexcel GCSE PE – 2nd edition

Key websites and media to support learning: Seneca Learning, GCSE POD, BBC bitesize, Memrise Edexcel GCSE PE

Student specific support and interventions/Revision for Final Exams