

Sackville School GCSE PE Curriculum - Year 10



TERM	WHAT? (Is delivered?)	WHY? (Is this important?)	WHY NOW? (Why is this taught now?)	IMPACT? (What is the impact at the end of this half term?)	ASSESSMENT
Aut 1	Health, Fitness, Components of Fitness (CoF) & Fitness Testing	CoF are referred to throughout the spec and form a large part of paper one. Students must have a good understanding of these throughout the course to be able to access paper one and their coursework.	This complements the core PE fitness UoW and is an integral part of the course.	Students have a good understanding of CoF, which they can then apply to exam style questions and begin to evaluate and analyse their use within different sports. They will also be able to identify strengths and weaknesses within their sports.	Milestone assessment HW task Everlearner assessments End of unit test
Aut 2	Training Methods & Principles of Training	Training methods are a key topic throughout the exam papers and often form part of 6 and 9 markers. Therefore to continually develop long answer techniques it's imperative to have the knowledge.	Training methods are used to develop CoF for different sports. Principles of training develop the athlete to inform progress	Students have a good understanding of different training methods used to develop different CoF. They can then apply to exam style questions and begin to evaluate and analyse their use within different sports.	Milestone assessment HW task Everlearner assessments End of term test
Spr 1	Musculoskeletal System & Movement Analysis	Knowledge of muscles and bones needs to be understood before teaching movement analysis. Movement analysis is a key element of paper one.	Students need to understand how muscles and bones work together to create movement in order to analyse movement in different sports.	Students understand how the body moves and analyse the different planes and axes movements take place in and how levers are used to gain mechanical advantage within different sports/actions.	Milestone assessment HW task Everlearner assessments End of unit test
Spr 2	Cardio-respiratory system	This forms an integral part of knowledge of health and fitness and the physiological reasons for leading healthy active lifestyles.	Students study similar content within science, teaching this here therefore complements this and also supports their understanding	Students will understand how different training methods impact the cardio-respiratory system. They can then apply this to their	Milestone assessment HW task Everlearner

		Knowledge of the cardio-respiratory system then supports the use of advanced training methods such as altitude training	of developing CVE as part of their coursework.	own training and also have a deeper understanding to apply effectively to their coursework.	assessments End of term test
Sum 1	Psychology of Sport	Students need to understand different elements of skill and how motivation, goal setting and information processing can impact athlete performance.	This is an important element of paper two but also forms part of the coursework when students need to develop their skill element.	Students will be able to answer exam style questions and develop long answer technique. They will also be able to develop their skill weakness in their coursework.	Milestone assessment HW task Everlearner assessments End of unit test Coursework
Sum 2	Technology in Sport	Students need to understand how technology in sport can develop athlete performance but also improve & support officiating and spectator viewing.	Students will use video analysis as part of their practical performance at this time, which will complement learning of technology in sport and the impact it has.	Students will gain a practical and theoretical understanding of technology in sport which will support their knowledge in paper two and their coursework.	Milestone assessment HW task Everlearner assessments End of year Coursework

[Links to L4L Curriculum and Gatsby Benchmarks:](#)

Students develop knowledge of healthy active lifestyles, lifestyle choices and barriers to participation.

Links to careers in sport through outside speakers as well as consistent links to career pathways within the wider world of sport, physical activity and exercise.

Sackville School GCSE PE Curriculum - Year 11



TERM	WHAT? (Is delivered?)	WHY? (Is this important?)	WHY NOW? (Why is this taught now?)	IMPACT? (What is the impact at the end of this half term?)	ASSESSMENT
Aut 1	Performance Analysis - Coursework	Students have to complete an analysis of their performance identifying strengths and weaknesses and methods to improve these as part of their coursework, which is worth 10% of their final grade.	Students have developed enough theoretical knowledge to be able to complete their coursework at this stage. This also acts as great retrieval practice for CoF and training methods and principles	Students can gain crucial marks towards their final practical grades (and overall grade). They will also retrieve knowledge of key criteria which form large parts of paper one.	Coursework
Aut 2	Commercialisation of sport (sponsorship/media)	Students have to develop an evaluative understanding of the golden triangle and the impact of sport on society.	Students will have developed a deeper understanding of their own sports and will have accessed more sports through the media. They are therefore in a good position to analyse the impact this has on the wider world of sport.	Students have a broad knowledge of media and sponsorship in sport and are therefore able to analyse and evaluate the impact these have on the athletes, sport and competitions.	Milestone assessment HW task Everlearner assessments End of unit test
Spr 1	Conduct of the performer & factors affecting the individual	Students need to understand factors that impact the conduct of performers and how social factors affect people's lifestyle choices.	This is the final section of the specification that forms part of paper two but is not included within the coursework.	Students form opinions on the impact of society, environment, family & peers on lifestyle choices and are therefore able to apply this to paper two.	Milestone assessment HW task Everlearner assessments End of unit test
Spr 2	Revision	Students need to develop exam technique and ensure they are hitting assessment outcomes - knowledge, application &	Students need to prepare for their final exams	Students will be confident going into their exams and will be able to reach their full potential.	Retrieval practice tasks Small tests Long answer

		evaluation/analysis.			questions
Sum 1	Revision	Students need to develop exam technique and ensure they are hitting assessment outcomes - knowledge, application & evaluation/analysis.	Students need to prepare for their final exams	Students will be confident going into their exams and will be able to reach their full potential.	Retrieval practice tasks Small tests Long answer questions

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Students develop knowledge of the wider world of sport and the impact on society. They also develop knowledge of etiquette and sportsmanship.

Links to careers in sport through outside speakers as well as consistent links to career pathways within the wider world of sport, physical activity and exercise.