

## PE – GCSE Two Year Overview

<b>YEAR 1</b>		
TERM 1	Teaching weeks	Content
	1	Bones and functions.
	2	Structure of the skeletal system.
	3	Muscles of the body.
	4	Structure of a synovial joint.
	5	Safety features of a joint.
	6	Types of synovial joints - hinge and ball and socket.
	7	Types of movements.
HALF TERM	OCTOBER	
	8	Types of movement. Application to examples in Sport.
	9	Antagonistic movement - how movement happens.
	10	Origin/insertion.
	11	Extended question.
	12	Extended question.
	13	Skeletal system / muscular system test.
	14	Pathway of air / structure.
	15	Gas exchange - structure of a alveoli.
TERM 2	JANUARY	
	16	Mechanics of breathing / Interpretation of a spiromoter trace.
	17	Data analysis - respiratory rates.
	18	Blood vessels.
	19	Structure of the heart / cardiac cycle - pathway of blood.
	20	Cardiac output / stroke volume / diastole /systole / functions.
	21	Redistribution of blood / effects of exercise on the HR.
	22	Short / long term effects of exercise - long answer question - redistribution of blood.

HALF TERM	FEBRUARY	2 THEORY LESSONS A WEEK FROM HERE	
	21	Health and fitness recap - definitions.	Components of fitness - linked to sports.
	22	Fitness testing - PRACTICAL.	Reasons for / limitations of fitness testing.
	23	Measuring of component of fitness - data collection.	Measuring of component of fitness - data collection.
	24	The principles of training / overload.	Applications of principles of training
	25	Advantages / disadvantages of training methods.	High altitude training and seasons.
TERM 3	APRIL		
	26	Calculating intensities - strength / power / endurance.	Training zones / aerobic / anaerobic.
	27	Prevention of injury.	Types of training - introduction to the analysis and evaluation task.
	28	EPOC / Recovery	Warming up / cooling down.
	29	Principles to an evaluation question.	Effects of exercise.
	30	END OF UNIT TEST.	Examples of feedback and guidance.
HALF TERM	MAY	Mocks 16th June x 2 weeks	
	31	Arousal and inverted U.	Optimal arousal varies - skill / stress management techniques.
	32	Aggression and personality.	Intrinsic and extrinsic motivation.
	33	Relate to sporting activities for improvement.	REVISION
	34	<b>MOCK EXAMS</b>	<b>MOCK EXAMS</b>
	35	<b>MOCK EXAMS</b>	<b>MOCK EXAMS</b>
	36	Somatotypes.	Diet.
	37	Sedentary lifestyle.	Obesity.
SUMMER			

## YEAR 2

TERM 1	Teaching weeks	Content	
	1	THURSDAY START BACK	
	2	Coursework	Coursework
	3	Coursework	Coursework
	4	Coursework	Coursework (Half day)
	5	Coursework	Coursework
	6	Coursework	Coursework (Second half day)
	7	Coursework	Coursework
	8	Coursework	Coursework
HALF TERM	OCTOBER		
	9	Classifications of skill.	Classifications of skill.
	10	Types of goals.	Performance and outcome goals / SMART targets.
	11	Basic information processing model.	Evaluation question.
<b>Y11 MOCKS</b>	12	Aggression and personality.	Intrinsic and extrinsic motivations / eval of merits.
	13	Levers .	Mechanical advantage.
	14	Application to sporting examples.	Application to sporting examples.
	15	Planes and axis.	Planes and axis - movement.
TERM 2	JANUARY		
	16	Social groups /barriers to participation.	Commercialisation / types of sponsorship and media.
	17	Positives / negatives to sponsorship and media.	Positive / negative impacts of technology.
	18	Conduct of players - definitions of key terms.	Categories of prohibited drugs - what they are.
	19	Prohibited substances - blood doping - side effects.	Drugs with certain restrictions - Beta blockers.
	20	Advantages / disadvantages - athletes that might take them.	Drugs linked to sports.
	21	Evaluation of the advantages of blood doping.	Evaluation question.

HALF TERM	FEBRUARY		
	22	Spectator behaviour - positives / negatives effects of spectators .	Hooliganism - strategies to combat it.
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	25		
	26		
	27		
TERM 3	APRIL		
	28		
	29		
	30		
	31	<b>GCSE EXAMS</b>	<b>GCSE EXAMS</b>
	32	<b>GCSE EXAMS</b>	<b>GCSE EXAMS</b>
	33	<b>GCSE EXAMS</b>	<b>GCSE EXAMS</b>
HALF TERM	MAY		
	34	<b>GCSE EXAMS</b>	<b>GCSE EXAMS</b>
	35	<b>GCSE EXAMS</b>	<b>GCSE EXAMS</b>
	36		
	37		
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	39		
	40		
SUMMER			