

GCSE
PE
OCR

18.
Examination Preparation:
Past papers, revision techniques,
retrieval practice, independent study

17.
Practical moderation:
Practice practical skills for cluster
moderation

Yr 11
Term
3

14.

Sport Psychology:
Characteristics of skillful
movement, classification of
skills, goal setting, mental
preparation, types of
guidance, types of feedback

15.
Health, fitness, well-being:
Key definitions, benefits and
consequences of physical activity /
sedentary lifestyle, responding to data

16.

Diet and Nutrition:
Definition and
components of
balanced diet,
effects of
hydration

Yr 11
Term 2

13.
Ethical and socio-cultural issues:
Ethics in sport,
drugs in sport,
violence in sport.

12.
Commercialisation of Sport:
Understand and describe
effect of different types
of media, describe
golden triangle, positive
and negative influence of
commerce.

11.
Engagement patterns:
Identify current trends in
participation, factors affecting
participation

Yr 11
Term 1

10.
Prevention of Injury:
Apply
examples of
ways to
reduce injury
in sport, risk
assessments

6.
Biomechanics:
Classes of levers, planes
of movements, axis of
rotation

7.
Components of fitness:
Name all 10
components, to
describe and perform
accurate tests for
each.

8.
Principles of Training:
Describe and apply the
4 Principles of training.
Design a 6 week
training program

Yr 10
Term
3

9.
Optimising training:
Define FITT,
key
components
and benefits of
warm up / cool
down

Yr 10
Term 2

5.
Effects of exercise on body systems:
Short term effects of
exercise, long term effects
of training, applying to
practical examples

2.
Muscular System:
Location of major muscle groups, roles of
muscles in movement, describe agonist,
antagonist, fixator.

Yr 10
Term 1

4.
Respiratory system:
Structure and function of
system inc: pathway of air,
key definitions, gas
exchange, aerobic and
anaerobic exercise.

3.
Cardiovascular system:
Structure and function including,
blood vessels, pathway of blood
and key definitions.

1.
Skeletal System:
Location of Major ones,
functions of skeleton,
types of synovial joints,
types of movements at
a joint.