

## Year 10 PE – GCSE

The GCSE PE course has been designed to build on knowledge and experience of PE and sport from Key Stage 3 and develop knowledge and understanding to help prepare students for further study of Sport at Level 3/A Level. In practical lessons students choose to develop more complex skills, tactics and understanding in specialist sports with increasing challenge. In theory lessons students build on their knowledge of fitness testing and training from core PE (Year 8/9) and acquire new knowledge about the fundamental psychological aspects of sports performance and learning sports skills.

Methods of deepening and securing knowledge: (these will be amended if not all aspects are covered – there is no expectation they will be)

Retrieval practice Spaced practice	Retrieval tasks are regularly used at the start of lessons and through Independent learning tasks to support students in recalling key information from knowledge organisers. Retrieval tasks are spaced over time to support long-term learning.
Concrete examples	In every lesson students are encouraged to know specific sporting examples so they are able to easily apply their understanding to a range of sports activities and situations and use these effectively in their coursework and to answer exam questions.

	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Practical topic(s)	<b>Netball</b> - Basic catching - Footwork and pivoting - Close distance shooting (if GS/GA) - Marking on and off the ball - Conditioned drills and small-sided games - Main rules in open play  <b>or Football</b> - Basic short and long passing - Dribbling - Basic shooting technique - Basic tackling technique - Marking - Conditioned drills - Small-sided games - Main rules in open play		<b>Hockey</b> - Dribbling and moving with the ball - Receiving the ball stationary - Basic dodging in 1v1 - Push and slap passing - Basic shooting technique - Basic open stick block tackle - Marking - Conditioned drills and small-sided games - Main rules in open play  <b>or Handball</b> - Stationary passing - Receiving the ball stationary - Basic standing shot - Dribbling and dodging with the ball - Jockeying and marking - Conditioned drills and small-sided games - Main rules in open play		<b>Athletics</b> - Basic technical components - Track: Start/finish, arm and leg action - Jumps: run up, take-off, flight and landing - Throws: grip, stance, throwing action, release and follow through - Isolated skills - Conditioned drills - Small/low level competition - Increasing specialist and technical skills for 2 chosen events e.g. sprinters should demonstrate sprint start technique, sprinting technique with correct actions, bend running, dipping for the line, relay changeovers - Higher level competition e.g. inter-school, area, county or above	
Assessment	- Skills assessment (10 marks) - Full context assessment (15 marks)		- Skills assessment (10 marks) - Full context assessment (15 marks)		- Skills assessment (10 marks) - Full context assessment (15 marks)	

Theory topic(s)	<b>Green 3.1</b> - Health and fitness <b>Green 3.2</b> - Components of fitness - Measuring fitness components (testing) - Data collection - Reasons for and limitations of fitness testing	<b>Green 3.3(a)</b> - Types of training - Advantages and disadvantages of different types of training <b>Green 3.4(a)</b> - Calculating HR intensities - Consideration to prevent injury <b>Green 3.5</b> - Warming up - Cooling down <b>Green 4.0</b> - Use of data	<b>Green 3.3(c)</b> - Principles of training <b>Green 3.4(c/d)</b> - High altitude training - Seasonal aspects <b>Green 1.4</b> - Long-term effects of exercise <b>Blue 1.1</b> - Classification of skills <b>Blue 1.2</b> - Goal setting	<b>Blue 1.3</b> - Information processing <b>Blue 1.4</b> - Feedback - Guidance	<b>Blue 1.5</b> - Arousal and inverted U theory - Stress management techniques - Aggression - Personality types - Motivation	<b>Blue 2.1</b> - Engagement patterns of different social groups <b>Blue 2.2</b> - Commercialisation <b>Blue 2.3</b> - Conduct of performers - Performance enhancing drugs - Spectator behaviours and hooliganism
Assessment	- Coursework: Analysis of Fitness	- Coursework: Evaluation of Fitness (part 1) - Y10 Assessment 1	- Coursework - Evaluation of Fitness (part 2)	- Coursework: Analysis of Skills - Y10 Assessment 2	- Coursework: Evaluation of Skills - Y10 Assessment 3 (PPE)	- 6M extended response question on Engagement Patterns
CEIAG ( <i>Careers that are linked to that topic</i> )	Personal trainer Sports coach	Personal trainer Sports coach	Personal trainer Sport psychologist	Sport psychologist	Sport psychologist	Sports journalist

<b>Independent learning:</b> Independent learning is a core part of learning in GCSE PE to support students in deepening their understanding from lessons and broadening their experience of the world of sport. There are different types of Independent learning set in GCSE PE to help students prepare for their assessments (e.g. practice exam questions, retrieval revision tasks). This allows teachers and students to see their progress and understand what still needs to be learned before their final exams.
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