

Members of Staff who teach Year 9:

- Miss S. Beck (Learning Consultant)
- Miss M. Samuel (Personalised Learning Director – Discovery)
- Mr M. Payton (Learning Consultant)

Exam Board and Specification:

AQA

How the course is assessed:

Two examinations (60%)
Practical/Coursework (40%)

What we do in year 9:

Approximate Dates	Big Question/ Theme	Key Learning Outcomes
Autumn Term 1	What areas make up physical training?	Definitions of health and fitness Components of fitness Fitness testing Principles of training Training thresholds
Autumn Term 2	What areas make up physical training?	Types of training How to prevent injury Training seasons Warm up and cool down
Spring Term 1	What makes up the Skeletal and muscular system?	Structure of the skeletal system Articulating bones Functions of the skeletal system Structure of a synovial joint Different types of freely movable joint Joint action and movements The movements of major muscles and major muscle groups
Spring Term 2	What makes up the respiratory and cardiovascular system?	the respiratory system Gaseous exchange Process of breathing and the pathway of air The cardiovascular system Blood vessels and the pathway of blood Redistribution of blood during exercise/ cardiac output/ stroke volume and heart rate
Summer Term 1	What is aerobic and anaerobic respiration and its link to sport?	Aerobic and anaerobic exercise Recovery process from vigorous exercise The immediate, short term and long term effects of exercise.
Summer Term 2	Introduction to movement analysis	First/ second and third class lever systems How to draw linear versions of a lever showing position of the fulcrum, load and effort Mechanical advantages to the three lever system Analysis of basic sporting actions/ Planes of movement and axes of rotation when performing sporting actions

For more information and guidance please visit...

<http://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582>

Members of Staff who teach Year 10:

- Miss S. Beck (Learning Consultant)
- Miss L. Ingall (Learning Consultant)

Exam Board and Specification:

AQA

How the course is assessed:

Two examinations (60%)
Practical/Coursework (40%)

What we do in year 10:

Approximate Dates	Big Question/ Theme	Key Learning Outcomes
Autumn Term 1	What are socio-cultural influences?	Different social groups and factors affecting participation in physical activity/sport Commercialisation of physical activity/sport and the impact of the media and sponsorship Impact of technology on physical activity/sport Ethical conduct by performers Performance enhancing drugs Spectator behaviour
Autumn Term 2	How to be healthy, fit and have good well-being?	Contribution that participating in physical activity/exercise and sport can make to the physical, emotional and social health and well being and fitness. The consequence of a sedentary lifestyle Obesity Somatotypes Energy use
Spring Term 1	What is a balanced diet?	A balanced diet Nutrition Water balance
Spring Term 2	What is sport psychology and why do we need to know about it?	Skill and ability Methods of classifying skill Different types of goals SMART targets
Summer Term 1	What is sport psychology and why do we need to know about it?	Information processing Guidance and feedback on performance Arousal Aggression Personality types Motivation
Summer Term 2	Course work	Writing a training program

For more information and guidance please visit...

<http://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582>



ACADEMY
GREAT BARR

Curriculum Guide – Year 11

PE

Lead Professional: Mr A. Turner

Members of Staff who teach Year 11:

- Mr A. Turner (Lead Professional)
- Mr C. Bailey (Personalised Learning Director – Communications)

Exam Board and Specification:
Edexcel 2PE01

How the course is assessed:

One examination (40%)
Practical assessment and coursework (60%)

What we do in year 11:

Approximate Dates	Big Question/ Theme	Key Learning Outcomes
Autumn Term 1	Personal Exercise Programme Musculo-skeletal system Cardio-respiratory system	Plan, execute and evaluate a 6 week exercise programme. Understand the anatomy and functions of these four body systems
Autumn Term 2	Long and short term responses Sports Injuries	Understand the responses to exercise and long term effects of training on the four body systems. Understand the causes, sign and symptoms and treatment of the various sports injuries.
Spring Term 1	Revision	Examination preparation
Spring Term 2	Revision	Examination preparation
Summer Term 1	Revision	Examination preparation

For more information and guidance please visit...

<https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2009.html>