

**Physical Education at Cox Green
Curriculum Plan**

GCSE PE Year 9

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<i>Health, Fitness and Well-being (Paper 2: Health and Performance)</i>	<i>Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems)</i>	<i>Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems)</i>	<i>Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems)</i>	<i>Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems)</i>	<i>Summary of Year 1 GCSE</i>
Themes: Introduction to the course Physical, emotional and social health (i) Physical, emotional and social health (ii) Lifestyle choices Impact of lifestyle choices Sedentary lifestyles and consequences	Themes: Balanced diet and the role of nutrients Dietary manipulation for sport (i) Dietary manipulation for sport (ii) Optimum weight Functions of the skeletal system Classification of bones Structure of the skeletal system (i) Structure of the skeletal system (ii)	Themes: Classification and roles of muscles Location and roles of key voluntary muscles (i) Location and roles of key voluntary muscles (ii) Antagonistic muscles Fast and slow twitch muscle fibres Structure and function of cardiovascular system (i) Structure and function of cardiovascular system (ii) Arteries, capillaries and veins	Themes: Vascular shunting Components of blood and their significance for physical activity (i) Components of blood and their significance for physical activity (ii) Respiratory system – composition of air; lung volumes	Themes: Location and roles of principal components of respiratory system (i) Location and roles of principal components of respiratory system (ii) Structure and function of alveoli	Themes: Energy sources; aerobic and anaerobic exercise and short term effects of exercise (i) Energy sources; aerobic and anaerobic exercise and short term effects of exercise (ii) Revision of Year One work
Skills: Interpretation of sporting technical language, key skills of how to transfer to practical performance. Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.	Skills: Interpretation of sporting technical language, key skills of how to transfer to practical performance. Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.	Skills: Interpretation of sporting technical language, key skills of how to transfer to practical performance. Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.	Skills: Interpretation of sporting technical language, key skills of how to transfer to practical performance. Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.	Skills: Interpretation of sporting technical language, key skills of how to transfer to practical performance. Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.	Skills: Interpretation of sporting technical language, key skills of how to transfer to practical performance. Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

**Physical Education at Cox Green
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GCSE PE Year 10

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<i>Movement Analysis (Paper 1: Fitness and Body Systems)</i>	<i>Movement Analysis (Paper 1: Fitness and Body Systems)</i>	<i>Movement Analysis (Paper 1: Fitness and Body Systems)</i>	<i>Movement Analysis (Paper 1: Fitness and Body Systems)</i>	<i>Movement Analysis (Paper 1: Fitness and Body Systems)</i>	<i>Movement Analysis (Paper 1: Fitness and Body Systems)</i>
<p>Themes:</p> <p>Lever system – first, second and third class levers (i)</p> <p>Lever system – first, second and third class levers (ii)</p> <p>Mechanical advantage in sport and physical activity (i)</p> <p>Mechanical advantage in sport and physical activity (ii)</p> <p>Movement possibilities at joints</p> <p>Utilisation of movement in physical activity</p>	<p>Themes:</p> <p>Joint classification and impact on movement axes (i)</p> <p>Joint classification and impact on movement axes (ii)</p> <p>Planes and axes – generalised movement patterns (i)</p> <p>Planes and axes – generalised movement patterns (ii)</p> <p>Classification of skills (i)</p> <p>Classification of skills (ii)</p>	<p>Themes:</p> <p>Forms of practice – theory and practical application (i)</p> <p>Forms of practice – theory and practical application (ii)</p> <p>Forms of practice – theory and practical application (ii)</p> <p>Types of guidance – theory and practical application</p> <p>Types of guidance – practical application (i)</p> <p>Types of guidance – practical application (ii)</p>	<p>Themes:</p> <p>Mental preparation for performance; types of feedback (i)</p> <p>Mental preparation for performance; types of feedback (ii)</p> <p>Sports psychology – use of data</p> <p>An introduction to using a PEP to develop fitness, health and exercise and performance</p> <p>PARQs; warm ups and cool downs (i)</p>	<p>Themes:</p> <p>Components of fitness</p> <p>Fitness tests – theory and practice (i)</p> <p>Fitness tests – theory and practice (ii)</p> <p>Fitness tests – theory and practice (iii)</p> <p>Principles of training</p>	<p>Themes:</p> <p>Application of principles of training to a PEP</p> <p>Methods of training</p> <p>Application of methods of training to a PEP</p> <p>Revision of Year Two work</p> <p>Mock Exam.</p>
<p>Skills:</p> <p>Interpretation of sporting technical language, key skills of how to transfer to practical performance.</p> <p>Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p>	<p>Skills:</p> <p>Interpretation of sporting technical language, key skills of how to transfer to practical performance.</p> <p>Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p>	<p>Skills:</p> <p>Interpretation of sporting technical language, key skills of how to transfer to practical performance.</p> <p>Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p>	<p>Skills:</p> <p>Interpretation of sporting technical language, key skills of how to transfer to practical performance.</p> <p>Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p>	<p>Skills:</p> <p>Interpretation of sporting technical language, key skills of how to transfer to practical performance.</p> <p>Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p>	<p>Skills:</p> <p>Interpretation of sporting technical language, key skills of how to transfer to practical performance.</p> <p>Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p>

**Physical Education at Cox Green
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GCSE PE Year 11

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<i>Health, Fitness and Well-being (Paper 2: Health and Performance)</i>	<i>Health, Fitness and Well-being (Paper 2: Health and Performance)</i>	<i>Socio-cultural Influences (Paper 2: Health and Performance)</i>	<i>Socio-cultural Influences (Paper 2: Health and Performance)</i>	<i>Course Review</i>	<i>Exam Prep/Exam</i>
Themes: Long term effects of training on the musculo-skeletal system (i) Long term effects of training on the musculo-skeletal system (ii) Long term effects of training on the cardio-respiratory system (i) Long term effects of training on the cardio-respiratory system (ii) Identification and treatment of injury (i)	Themes: Identification and treatment of injury (ii) Injury prevention in physical activity Performance enhancing drugs (i) Performance enhancing drugs (ii)	Themes: Factors affecting participation in physical activity (i) Factors affecting participation in physical activity (ii) Participation rate trends – use of data (i) Participation rate trends – use of data (ii) Commercialisation and the media (i) Commercialisation and the media (ii)	Themes: Advantages and disadvantages of commercialisation (i) Advantages and disadvantages of commercialisation (ii) Sporting behaviours (i) Sporting behaviours (ii) Deviance in sport (i) Deviance in sport (ii)	Themes: Review paper 1 content (i) Review paper 1 content (ii) Review paper 2 content (i) Review paper 2 content (ii) Mock exam Revision and exam technique (i) Revision and exam technique (ii) Revision and exam technique (iii) Revision and exam technique (iii)	Themes: Review course prepare for exam.
Skills: Interpretation of sporting technical language, key skills of how to transfer to practical performance. Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.	Skills: Interpretation of sporting technical language, key skills of how to transfer to practical performance. Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.	Skills: Interpretation of sporting technical language, key skills of how to transfer to practical performance. Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.	Skills: Interpretation of sporting technical language, key skills of how to transfer to practical performance. Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.	Skills: Interpretation of sporting technical language, key skills of how to transfer to practical performance. Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.	Skills: Interpretation of sporting technical language, key skills of how to transfer to practical performance. Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

