



# THE ARNEWOOD SCHOOL

## KEY STAGE 4 GCSE

### Physical Education



## Implementation

Students acting GCSE PE

AQA GCSE Physical Education

Year 9

Half term	Curriculum focus	Landmark assessment
<p><b>Autumn 1</b>  <b>Theme:</b> Scholarly, literate &amp; numerate  <b>Key Terminology:</b>  Attendance, routines, home learning, attitude</p>	<p>Pupils will learn about fitness components and the importance of specific components to individual sports.</p> <p>Pupils will learn how to test each components of fitness.</p>	<p>Practical fitness testing.</p> <p>Fitness components unit topic test.</p>
<p><b>Autumn 2</b>  <b>Theme:</b> Outward looking, tolerant and understanding of their place in the wider world.  <b>Key Terminology:</b>  Careers in fitness training, Personal training</p>	<p>Pupils will learn how to use training methods to improve fitness in preparation for specific sporting activities.</p> <p>Pupils will learn how to calculate appropriate intensities when training to improve fitness.</p>	<p>Physical training assessment</p>
<p><b>Spring 1</b>  <b>Theme:</b> Independent, collaborative and creative.  <b>Key terminology:</b>  Team work, Listening, problem solving</p>	<p>Pupils will learn about the structure of the human body.</p> <p>Pupils will learn the structure and types of synovial joints.</p>	<p>Human body assessment</p>
<p><b>Spring 2</b>  <b>Theme:</b> Scholarly, literate &amp; numerate  <b>Key terminology:</b>  Mechanical advantage, analysis of movement,</p>	<p>Pupils will learn how muscles and bones work together to create movements in sport.</p> <p>Pupils will learn about levers, planes and axis in relation to specific movements in sport.</p>	<p>Movement analysis assessment</p>
<p><b>Summer 1</b></p>	<p>Pupils will learn about classifications of skills and how information is processed.</p>	<p>Skill acquisition assessment</p>





<p><b>Theme:</b> Passionate about learning and ambitious with a deep-rooted desire to achieve.</p> <p><b>Key terminology:</b> Effective use of feedback, intrinsic desire, personal bests, target setting</p>	<p>Pupils will learn about guidance and feedback from coaches in sport.</p>	
<p><b>Summer 2</b></p> <p><b>Theme:</b> Safe, resilient and reflective.</p> <p><b>Key terminology:</b> Controlling emotions, F.A.I.L, pressure improving performances</p>	<p>Pupils will learn the personalities that tend to play specific sports.</p> <p>Pupils will learn about aggression in sport and how arousal levels are controlled.</p>	Yr 09 Mocks exam

**Year 10:**

Half term	Curriculum focus	Landmark assessment
<p><b>Autumn 1</b></p> <p><b>Theme:</b> Scholarly, literate &amp; numerate</p>	<p>Pupils will learn about the structure and function of the cardio-respiratory system.</p> <p>Pupils will learn how the heart and lungs work together to provide the body with oxygen and remove waste products.</p>	Mid-topic assessment
<p><b>Autumn 2</b></p> <p><b>Theme:</b> Outward looking, tolerant and understanding of their place in the wider world.</p>	<p>Pupils will learn how exercises use a combination of aerobic and anaerobic energy systems.</p> <p>Pupils will learn the best methods of recovering from anaerobic exercise.</p>	Cardio-respiratory system assessment
<p><b>Spring 1</b></p> <p><b>Theme:</b> Independent, collaborative and creative.</p>	<p>Pupils will learn about the trends in participation in sport, and the barriers that cause these trends.</p> <p>Pupils will learn how social groups can have an impact on access to sports participation.</p>	Yr 10 Mock Exam
<p><b>Spring 2</b></p> <p><b>Theme:</b> Scholarly, literate &amp; numerate</p>	<p>Pupils will learn about how commercialisation has an impact on sport.</p> <p>Pupils will learn the impact that performance enhancing drugs has on</p>	Commercialisation assessment





	sport and the possible causes for the use of PEDs.	
<b>Summer 1</b> <b>Theme:</b> Passionate about learning and ambitious with a deep-rooted desire to achieve.	Pupils will learn about the reasons for participating in sport and discuss possible consequences of a sedentary lifestyle.	Social cultural issues assessment
<b>Summer 2</b> <b>Theme:</b> Safe, resilient and reflective.	Pupils will evaluate their performance in a chosen sport	NEA coursework component.

Co-curricular:

**Year 11:**

<b>Half term</b>	<b>Curriculum focus</b>	<b>Landmark assessment</b>
<b>Autumn 1</b> <b>Theme:</b> Scholarly, literate & numerate	Pupils will revise and prepare for a mock exam. Including the training principles for improving sports performance.	Specific exam question focus
<b>Autumn 2</b> <b>Theme:</b> Outward looking, tolerant and understanding of their place in the wider world.	Pupils will revise and prepare for a mock exam. Including the application of anatomy and physiology in sport revision	Yr 11 Mock exam 1  GCSE Practical sports assessments
<b>Spring 1</b> <b>Theme:</b> Independent, collaborative and creative.	Pupils will revise and prepare for a mock exam. Including skill acquisition in sport.	Specific exam question focus  GCSE practical moderation
<b>Spring 2</b> <b>Theme:</b> Scholarly, literate & numerate	Pupils will revise and prepare for a mock exam. Including socio-cultural issues in sport.	Yr 11 Mock exam 2  GCSE practical moderation
<b>Summer 1</b> <b>Theme:</b> Passionate about learning and ambitious with a deep-rooted desire to achieve.	Pupils will revise areas across both assessments developing exam techniques to support their final assessment.	Yr 11 Final assessment





**Summer 2**

**Theme:** Safe, resilient and reflective.

--

--

