

THE ARNEWOOD SCHOOL KEY STAGE 4 GCSE Physical Education

Implementation

Students acting GCSE PE AQA GCSE Physical Education



		1.16110
Half term	Curriculum focus	Landmark assessment
<u>Autumn 1</u>	Pupils will learn about fitness	Practical fitness testing.
Theme: Scholarly, literate	components and the importance of	
& numerate	specific components to individual sports.	Fitness components
Key Terminology:		unit topic test.
Attendance, routines,	Pupils will learn how to test each	
home learning, attitude	components of fitness.	
<u>Autumn 2</u>	Pupils will learn how to use training	Physical training
Theme: Outward looking,	methods to improve fitness in	assessment
tolerant and	preparation for specific sporting	
understanding of their	activities.	
place in the wider world.		
Key Terminology:	Pupils will learn how to calculate	
Careers in fitness training,	appropriate intensities when training to	
Personal training	improve fitness.	
<u>Spring 1</u>	Pupils will learn about the structure of	Human body
Theme: Independent,	the human body.	assessment
collaborative and		
creative.	Pupils will learn the structure and types	
Key terminology:	of synovial joints.	
Team work, Listening,		
problem solving		
Spring 2	Pupils will learn how muscles and bones	Movement analysis
Theme: Scholarly, literate	work together to create movements in	assessment
& numerate	sport.	
Key terminology:		
Mechanical advantage,	Pupils will learn about levers, planes and	
analysis of movement,	axis in relation to specific movements in sport.	
Summer 1	Pupils will learn about classifications of	Skill acquisition
	skills and how information is processed.	assessment



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

Year 10:

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



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

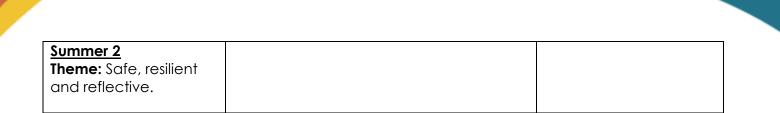
Co-curricular:

Year 11:

Half term	Curriculum focus	Landmark assessment
<u>Autumn 1</u> Theme: Scholarly, literate & numerate	Pupils will revise and prepare for a mock exam. Including the training principles for improving sports performance.	Specific exam question focus
Autumn 2 Theme: 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
<u>Spring 1</u> Theme: 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
Spring 2 Theme: 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
Summer 1 Theme: 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



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