

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Unit title					
Year 10 GCSE PE - Games	<b>Brief summary of unit</b> <b>Potentially worth 12% of overall grade</b> <b>Hockey (6 periods)</b>	<b>Netball (6 periods)</b> <b>Potentially worth 12% of overall grade</b>	<b>Netball umpiring (6 periods)</b> <b>Potentially worth 12% of overall grade</b>	<b>Basketball (6 periods)#</b> <b>Potentially worth 12% of overall grade</b>	<b>Rounders (6 periods)</b> <b>Potentially worth 12% of overall grade</b>	<b>Personal exercise program (6 periods)</b> <b>Potentially worth 12% of overall grade</b>
	Students will learn advanced skills developed in structured plays to enable students to perform in the context of the assessment: Use of the stick, Receiving the ball, Stopping the ball, Dribbling, Tackling, Beating an opponent, shooting and goalkeeping skills. They will also learn Laws of the game and their application, including refereeing signals.	Students will learn catching, passing, footwork, shooting, techniques of getting free, defending, intercepting and the toss-up. They will also develop their game play skills by learning how to dodge to receive a pass, systems of centre passes and set plays, holding the space, backing up on the edge of the circle, throw-ins, blocking, zoning and defending the space.	Students will learn how to officiate the game of netball, including fouls, penalty and free passes, sideline and centres.	Students will learn advanced skills developed in structured plays to enable students to perform in the context of the assessment, Passing, Dribbling, Shooting, Footwork, Fakes and Positions. Students will also learn application of advanced skills in a structured game situation such as defence; 1 versus 1; 2 versus 2; sliding defence; switching defence; guarding; Offence: give and go (wall pass); cut to the basket; offensive roll; 1 versus 1; post play; screen play; blocking out and rebounding.	Students will learn advanced skills developed in structured plays to enable students to perform in the context of the assessment: batting, bowling and fielding. Students will also learn tactics to outwit their opponents, including positional play in the field, restricting runs, fielding placings, backing up post play. They will also learn Laws of the game and their application, including refereeing signals.	Students will complete their controlled assessment for their PEP
Assessment	1 lesson in the unit to assess practical performance	1 lesson in the unit to assess practical performance	1 lesson in the unit to assess umpiring performance	1 lesson in the unit to assess practical performance	1 lesson in the unit to assess practical performance	Controlled assessment: written up personal exercise program that students plan, complete and evaluate.

Year 10 GCSE PE – Individual activities	<b>Brief summary of unit</b>					<b>Personal exercise program (6 periods) Potentially worth 12% of overall grade</b>
	<b>Trampoline (12 periods) Potentially worth 12% of overall grade</b>		<b>Fitness training (6 periods) Potentially worth 12% of overall grade</b>	<b>Badminton (6 periods) Potentially worth 12% of overall grade</b>	<b>Athletics (6 periods) Potentially worth 12% of overall grade</b>	
	Students will be taught to assist when folding and unfolding a trampoline and get out and put away a trampoline without assistance. All students will be taught basic jumps, basic and advanced twists, basic landing positions, shaped drops, combinations of movements. They will also be required to perform at least a 6 bounce routine.		What will be covered in the unit? Students will be taught: ☑ how preparation, training and fitness relate to and affect performance; how to design and carry out activity and training programmes that have specific purposes; the importance of exercise and activity to personal, social and mental wellbeing; how to monitor and develop their own training, exercise and activity programmes in and out of school. Students will be taught the following types of training: ☑ aerobics ☑ circuit training ☑ continuous training ☑ interval training ☑ weight training	Students will be taught grips and their use, clears, drop shots, serves, smashes, sidearm strokes, net shots and underarm strokes. They will also develop their game play including Stroke restriction and court restriction drills, structured rallies and plays, tactics – for singles, level doubles and mixed double, positioning in attack and defence; ie formations: front and back; side by side, correct choice and use of the appropriate stroke when attacking or defending, variation, anticipation, deception and serving strategy.	Students will develop their technique in a number of throwing, jumping and track events in order to select 2 for assessment.	Students will complete their controlled assessment for their PEP
1 lesson in the unit to assess practical performance	1 lesson in the unit to assess practical performance	1 lesson in the unit to assess practical performance	1 lesson in the unit to assess practical performance	1 lesson in the unit to assess practical performance	Controlled assessment: written up personal exercise program that students plan,	

						complete and evaluate.
Year 10 GCSE Theory	<b>Healthy active lifestyles, their influence and benefits(6 periods) Part of 40% theory content</b>	Exercise, physical activity and fitness as part of your healthy, active lifestyle(6 periods) <b>Part of 40% theory content</b>	<b>Analysis of performance (6 periods) Part of 40% theory content</b>	<b>Physical activity as part of your healthy, active lifestyle. (6 periods) Part of 40% theory content</b>	<b>Physical activity as part of your healthy, active lifestyle – (6 periods) Part of 40% theory content</b>	<b>Personal exercise program (6 periods) Part of 40% theory content</b>
	Students will learn what constitutes a healthy active lifestyle, what the benefits of physical activity are, to identify the key influences that impact participation, the opportunities available in physical activity including a range of roles	Students will develop an understanding of health and skill related fitness and be able to relate them to impact on practical performance.	Students will learn how to observe and analyse different activities in preparation for their controlled assessment in analysis of performance.	Students will develop their understanding of fitness testing for skill and health related fitness factors as well learning about PAR-Q. Students will also develop the knowledge of SMART targets and methods and principles of training.	Students will look at different types of training sessions including anaerobic and aerobic. They understand the link between exercise, diet, work and rest, and their influence on personal health and wellbeing.	Students will complete their controlled assessment for their PEP
	End of unit exam using past paper questions	End of unit exam using past paper questions	End of unit exam using past paper questions	End of unit exam using past paper questions	End of unit exam using past paper questions	Controlled assessment: written up personal exercise program that students plan, complete and evaluate.
Year 11 GCSE THEORY	<b>Unit title</b>					
	<b>Physical activity and your healthy mind and body (6 periods) Part of 40% theory content</b>		<b>The body systems(6 periods) Part of 40% theory content</b>	<b>Revision(6 periods) Part of 40% theory content</b>	<b>Revision(6 periods) Part of 40% theory content</b>	
	Student will learn the different body types and key words relating to weight, as well as understanding the impact that alcohol and drugs have on the body.	Students will learn about the immediate, short-term and long-term effects of exercise on the cardiovascular system, muscular system, skeletal system and the respiratory system.	Students will recap content from the course in preparation for the exam.	Students will recap content from the course in preparation for the exam.		

Assessmen +	End of unit exam using past paper questions	Mock assessment	End of unit exam using past paper questions			
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