

Year	Autumn	Spring	Summer
10	<p>In year 10 whilst studying GCSE PE students will develop theoretical knowledge of physical training (paper 1) and sport psychology (paper 2). As well as beginning to explore anatomy and physiology (paper 1).</p> <p>In a practical sense, students will participate in a variety of different activities during their practical lessons to improve specific skills linked to that sport, as well as developing their knowledge and skills in full context for each of the sports participated in.</p> <p>Throughout the year students are expected to work to the best of their ability, work independently and demonstrate commitment and determination within both theory and practical lessons. Students are also responsible for their improvement in practical performance to ensure they can be effectively assessed in 1 team sport and 2 individual or 1 individual sport and 2 team sports. Please see specification for further details.  <a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/944828/GCSE_PE_activity_list_revised_2020.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/944828/GCSE_PE_activity_list_revised_2020.pdf</a></p>		
	<p><b>Topics covered this term:</b>  <b>Physical Training (paper 1)</b></p> <ul style="list-style-type: none"> <li>• Components of fitness</li> <li>• Fitness testing</li> <li>• Methods of training</li> <li>• Principles of training</li> <li>• Calculating intensity</li> <li>• Warm up and cool down</li> <li>• Considerations to prevent injury</li> <li>• Altitude training</li> <li>• Seasonal aspects</li> </ul>	<p><b>Topics covered this term:</b>  <b>Sport psychology (paper 2)</b></p> <ul style="list-style-type: none"> <li>• Classification of skills</li> <li>• Types of goals</li> <li>• SMART targets</li> <li>• Information processing</li> <li>• Guidance</li> <li>• Motivation</li> <li>• Feedback</li> <li>• Arousal</li> <li>• Stress</li> <li>• Aggression</li> <li>• Personality</li> </ul>	<p><b>Topics covered this term:</b>  <b>Anatomy and physiology (paper 1)</b></p> <ul style="list-style-type: none"> <li>• Bones</li> <li>• Joints</li> <li>• Muscles</li> </ul> <p><b>NEA Coursework</b></p>
11	<p>In year 11, whilst studying Sport Science, students will complete two units of study focusing on the areas of nutrition in sports performance (R183) and reducing the risks of sports injuries and dealing with common medical conditions (R180) Within nutrition students will develop their</p>		

	<p>knowledge on healthy, balanced nutrition. Students will also consider the necessity of certain nutrients and their role in enabling effective performance in different sporting activities. Within preventing sports injuries, students will develop their understanding on how to minimise the risk of injuries occurring. Students will also develop their understanding on how to react to common injuries that occurring during sport and physical activity as well as identifying symptoms of medical conditions.</p> <p>Throughout the year you students are expected to work to the best of their ability, work independently and demonstrate commitment and determination within both theory and practical lessons.</p>		
	<p><b>Topics covered this term:</b> R183 (coursework)</p> <ul style="list-style-type: none"> <li>• Nutrients needed for a healthy, balanced nutrition plan.</li> <li>• Applying different diet requirements to varying types of sport activities.</li> <li>• Develop a nutrition plan for selected activity.</li> <li>• How nutritional behaviour can be managed to increase sport performance.</li> </ul>	<p><b>Topics covered this term:</b> R180 (exam unit)</p> <ul style="list-style-type: none"> <li>• Different factors which influence the risk and severity of injuries.</li> <li>• Warm up and cool down routines.</li> <li>• Different types/cause of sports injuries.</li> <li>• Reducing the risk, treatment and rehabilitation of sport injuries.</li> </ul>	<p><b>Topics covered this term:</b></p> <ul style="list-style-type: none"> <li>• Revision for exam unit.</li> </ul>

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