

Year	Autumn	Topics
10	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). 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. 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	Paper 1- Anatomy and Physiology • Levers • Planes and axis • The respiratory system • The cardiovascular system • Effects of exercise (short term and long term) Paper 2- Socio-cultural influences in Sport • Factors affecting participation • Engagement patterns • Commercialisation (sports media and technology in sport) • Prohibited substances in sport

	and 2 individual or 1 individual sport and 2 team sports.	
11	In Year 11 whilst studying GCSE PE you will develop your theoretical knowledge further. You will continue to develop your knowledge of anatomy and physiology, and this topic will appear on paper 1. You will also develop your knowledge of health and well-being and socio-cultural influences, which are topics that will appear in paper 2. In a practical sense, you will continue to participate in a variety of different activities during your practical lessons to improve specific skills linked to that sport, as well as developing your knowledge and skills in full context for each of the sports participated in. It is your responsibility to gain video footage of the practical activities you are taking part in outside of school. Footage must be shared with your PE teacher to ensure you can be assessed across all 3 sports. This is a vital component as it is 40% of your overall grade at the end of Year 11. Throughout the year you are expected to work to the best of your ability, work independently and demonstrate	Paper 2- Health & Well-being • Physical, social and mental well-being • Sedentary lifestyles (obesity) • Somatotypes • Energy balance/balanced diet • Hydration

	commitment and determination within both theory and practical lessons. You may also take part in moderation day, which is a day to allow you to demonstrate the practical marks you have been awarded. Topics taught Paper 1- Anatomy and Physiology • Levers • Planes and axis • The respiratory system • The cardiovascular system • Effects of exercise (short term and long term) Paper 2- Socio-cultural influences in Sport • Factors affecting participation • Engagement patterns • Commercialisation (sports media and technology in sport) • Prohibited substances in sport Paper 2- Health & Well-being	
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Curriculum overview – PE- Bedlington.