

# GCSE Physical Education

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**Curriculum Intent:** To deliver the AQA GCSE PE course and ensure students are fully prepared for their examination. To develop a lifetime love of PE and physical activity.

## Core Knowledge

### Topics:

Applied anatomy and physiology.

Movement analysis.

Physical training.

Use of data.

Develop skills in practical sports.

Analyse and evaluate personal performance.

Sports Psychology.

Socio-cultural influences.

Health, fitness and well-being.

## Procedural Knowledge

### Students will:

Develop how to analyse and evaluate their own performances.

Develop skills, knowledge, understanding and apply in practical sporting activities.

Develop understanding of how to read, plan and answer exam questions.

Link topics and build on knowledge to gain a deeper understanding theoretical content.

## Homework:

Extended answer Exam Questions – focus on 6- and 9-mark questions.

Everlearner lessons

Everlearner Questions and Recap Quiz's

NEA – Coursework based on self-analysis of performance.

## Assessment:

Baseline tasks and progress tasks in all lessons.

End of topic assessments.

Mock paper exams.

NEA - Practical performance assessments. (students will be assessed in a wide variety of sports and their best 3 grades will be submitted – they will need to submit one team sport, one individual sport and one from either category)

NEA - Written Coursework – Performance Analysis Assessment (analyse and evaluation) on personal performance.

## Links to Personal Development:

Prepare learners for future success in education, employment and training.

To work in a team and show leadership skills in both individual and team sports.

Build confidence, resilience and knowledge: Mentally healthy, physically healthy, active lifestyle, healthy relationships.

Know how to join a sporting club / exercise classes outside of school.

## How is my knowledge developed further at Key Stage Five?

If students choose to study A-Level PE, they will continue to develop their knowledge of PE and sport in a theoretical context. If they do not, we offer a wide range of extra -curricular clubs which 6<sup>th</sup> form students are encouraged to take part in.