

GCSE PE

YEAR 10 GCSE PE; STAFF LEAD - AFR (Practical AFR/ROS)

LESSON & STAFF		TYPE	LOCATION(S)	ACTIVITY/TOPIC	
1 TUE 1	AFR/ROS	PRACTICAL	SH/F/HC	ATHLETICS/TABLE TENNIS/BADMINTON/TRAMPOLINING/NETBALL/FOOTBALL/BASKETBALL	
2 MON 3					
1 MON 5	AFR/LFE	THEORY	RM 2 & LAB 2	AUTUMN TERM 1. Physical, emotional and social health 2. Lifestyle choices 3. Impact of lifestyle choices 4. Sedentary lifestyles and consequences 5. Balanced diet and the role of nutrients	6. Dietary manipulation for sport 7. Optimum weight 8. Functions of the skeletal system 9. Classification of bones 10. Structure of the skeletal system 11. Location and roles of key voluntary muscles
1 WED 4	AFR/ROS	THEORY	RM 2 & 12	SPRING TERM 1. Antagonistic muscles 2. Fast and slow twitch muscle fibres 3. Structure and function of the cardiovascular system 4. Arteries, capillaries and veins 5. Vascular shunting 6. Components of blood and their significance for physical activity	7. Respiratory system – composition of air; lung volumes 8. Location and roles of principal components of respiratory system 9. Structure and function of alveoli 10. Energy sources; aerobic and anaerobic exercise and short term effects of exercise
1 FRI 3	AFR/SBA	THEORY	RM 2 & LAB 2	SUMMER TERM 1. Goal setting – SMART targets 2. Classification of skills 3. Forms of practice – theory and practical application	4. Types of guidance – theory and practical application 5. Mental preparation for performance; Types of feedback 6. Sports psychology – use of data

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2 WED 2	AFR/ROS	PRACTICAL	SH/F/HC/RM3	ATHLETICS/TABLE TENNIS/BADMINTON/TRAMPOLINING/NETBALL/FOOTBALL & REVISION	
2 THUR 3			SH/F/HC/RM3		
1 TUES 2	ROS/LFE	THEORY	RM 2 & 26	AUTUMN TERM 3.1 Engagement patterns of different social groups 3.3 Ethical & socio-cultural issues	
1 THUR 5				3.2 Commercialisation 3.5.5 PEDS	
2 MON 1	ROS	THEORY	RM 2	AUTUMN 2 ONWARDS	PEPs & Revision