

## GCSE Physical Education Long Term Plan and Rationale

### Year 9

Practical (once a week)	Theory (once a week)	Theory to be applied practically once or twice a fortnight)
<p>Focus on Individual Sports:</p> <p>Term 1: Badminton</p> <p>Term 2: Table Tennis</p> <p>Term 3: Athletics</p>	<p>Health and Fitness</p> <p>Components of Fitness</p> <p>Fitness Testing</p> <p>Types of Training</p> <p>Prevention of Injury</p> <p>Effective warm up and cool down</p>	<p>Fitness Testing</p> <p>Types of Training</p>
<p>Rationale:</p> <p>Mixed gender groups at GCSE Working towards development of individual sport mark, consistently an area requiring development as less do outside of school.</p> <p>Additional sports covered in Core PE program giving a broad curriculum offer.</p>	<p>Rationale:</p> <p>Underpins future knowledge</p> <p>Supports development of an effective sports person</p> <p>Supports development of healthy, active lifestyles.</p>	<p>Rationale:</p> <p>Undertaking practically allows the pupils to see the activities in a real world context, developing full understanding and confidence in knowledge.</p>

### Year 10

Practical (once a week)	Theory (3-4 a fortnight)
<p>Further development of individual sports:</p> <p>Term 1: Badminton</p> <p>Term 2: Table Tennis</p> <p>Term 3: Tennis</p>	<p>Focus on Paper 1 Content:</p> <p>Anatomy and Physiology</p> <p>Analysis of Movement</p> <p>Term 3: Coursework; Analysis of Performance</p>
<p>Rationale:</p> <p>Mixed gender groups at GCSE</p> <p>Further development of individual sports based marks.</p> <p>Improved confidence of performance levels for individual performance and assessment.</p> <p>Additional sports covered in Core PE ensure a broad and engaging curriculum.</p>	<p>Rationale:</p> <p>All pupils going into the field of sport must understand how the body functions. The topics covered within these units enable pupils to understand the responses and adaptations of the human body systems to sport and physical activity.</p> <p>Coursework to be started in Year 10. We feel that this relieves some of the pressures that can mount up for pupils in Year 11 and gives pupils the chance to have a large section of their program complete early.</p>

## Year 11

<b>Practical (once a week until Christmas)</b>	<b>Theory (2 a week until Christmas, 3 a week after Christmas)</b>
<p>Continued Individual Sport Focus with practice of moderation based skills: Badminton Table Tennis</p>	<p>Focus on Paper 2 Content: Sports Psychology Socio-Cultural Influences Term 1: Completion of coursework (one lesson a week)</p>
<p>Rationale: Pupils gain confidence for the moderation of marks process. It is important that pupils fully understand what they will be put through in their sports and that they have experienced the way a typical moderation process will run. This cannot come as a surprise to them. In Core PE program GCSE pupils will be able to work on other sports to ensure a broad curriculum for all.</p>	<p>Rationale: Pupils going into the field of sport must have a clear understanding of how mind-set plays an impact on performance. Pupils will learn how getting into the correct state of mind will allow raised performance. Pupils will gain the invaluable skills of controlling their emotions, anxiety and stress. In the Socio-Cultural Influences topic pupils will gain an insight into factors that can influence engagement in physical activity. These two topics give a good level of baseline for pupils wishing to move to Level 3 studies where research in such areas will be required.</p>