

St Gabriel`s Curriculum Planning: GCSE Physical Education (AQA)

Intent	At St. Gabriel`s the intent of our PE department is to provide our children with a fun, engaging and purposeful Physical Education which prepares our young learners for lifelong participation, living a healthy, active and fulfilling lifestyle. It is vital that our pupils gain a strong knowledge, skills and understanding of a wide range of sports and in doing so, promote diversity and different cultures. We pride ourselves on being respectful and upholding our core beliefs, Sporting and Catholic Values.					
KS3	Time	10	11	KS4	KS5	Careers
<p>Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.</p> <p>They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.</p> <p>Pupils should be taught to:</p> <p>-use a range of tactics and strategies to</p>	HT1 7 weeks	<p>Paper 1: Structure and function of musculoskeletal system (10 lessons in total incl. check point lesson) then revision lesson, unit test and feedback</p> <p>NEA assessment (Practical): Badminton- 3 lessons</p>	<p>Paper 2: Sports Psychology to socio-cultural influences.</p> <p>NEA assessment lesson: Handball</p>	<p>Skills and Knowledge AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. Pupils should be taught to:</p> <p>-use and develop a variety of tactics and strategies to overcome opponents in team and individual games</p>	<p>Students will develop both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education. This will require them to:</p> <ul style="list-style-type: none"> • develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance • understand how physiological and psychological states affect performance • understand the key socio-cultural factors that influence people's involvement in physical activity and sport • understand the role of technology in physical activity and sport • refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas 	<p>The qualification of GCSE PE provides an insight and leads to the following careers: Coach, instructor, development officer, PE teacher, physiotherapist, psychologist, leisure opportunities, journalism, marketing.</p>
	HT2 8 weeks	<p>Paper 1: Structure and function of cardio-respiratory system (10 lessons in total incl. check point lesson) then revision lesson, unit test and feedback Could start next unit if no lessons lost.</p> <p>NEA assessment (Practical): Badminton- 4 lessons</p>	<p>Paper 2: Socio-cultural influences to health, fitness and well-being.</p> <p>NEA assessment lesson: Will depend on options chosen by pupils in preparation for moderation process</p>			
	HT3 6 weeks	<p>Paper 1: Aerobic and Anaerobic exercise/effects of exercise (6 lessons in total) + Mock and feedback. Potentially- Physical training.</p> <p>NEA assessment (Practical): Fitness testing- 3 lessons</p>	<p>Paper 2: Health, fitness and well-being</p> <p>Paper 1: Movement analysis NEA assessment (Practical): Will depend on options chosen by pupils in preparation for moderation process.</p>			

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<p>overcome opponents in direct competition through team and individual games.</p> <p>-develop their technique and improve their performance in other competitive sports</p> <p>-perform dances using advanced dance techniques within a range of dance styles and forms</p> <p>-take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>-analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p> <p>-take part in competitive sports and activities outside school through</p>	HT4 6 weeks	<p>Paper 1: Physical training (12 lessons in total)</p> <p>NEA assessment (Practical): Fitness testing- 3 lessons</p>	<p>Paper 1: Revision (x2)</p> <p>Paper 2: Revision</p> <p>NEA assessment: Will depend on options chosen by pupils in preparation for moderation process or if moderation is completed.</p>	<p>-develop their technique and improve their performance in other competitive sports or other physical activities</p> <p>-take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>- evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p> <p>-continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.</p>	<ul style="list-style-type: none"> • develop their ability to analyse and evaluate to improve performance • understand the contribution which physical activity makes to health and fitness • improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds. 	
	HT5 5 weeks	<p>NEA assessment: 2 lessons fitness strength, 2 lessons fitness weakness, 2 lessons skill strength, 2 lessons skill weakness. 4 lessons on evaluation.</p> <p>NEA assessment (Practical): Athletics</p>	<p>Paper 1: Revision (x2)</p> <p>Paper 2: Revision</p> <p>NEA assessment: Will depend on options chosen by pupils in preparation for moderation process or if moderation is completed.</p>			
	HT6 7 weeks	<p>NEA assessment: Completion of NEA assessment then to Athletics.</p> <p>Paper 2: Sports Psychology</p>				

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community links or sports clubs.						
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