

Learning Journey: Year 9-11 GCSE Physical Education (9-1 specification)



	Autumn Term		Spring Term		Summer Term	
Year One	Half Term	Half Term	Half Term	Half Term	Half Term	Half Term
Focus/Range	Paper 2: Socio-cultural influences and well-being in physical activity and sport	Paper 2: Socio-cultural influences and well-being in physical activity and sport	Paper 1: The human body and movement in physical activity and sport	Paper 1: The human body in physical activity and sport	Paper 1: The human body in physical activity and sport	Paper 2: Socio-cultural influences and well-being in physical activity and sport
Unit content	Health, Fitness and well-being - The consequences of a sedentary lifestyle - Obesity and how it affects performance - Somatotypes	Health, Fitness and well-being - Energy use - Reasons for having a balanced diet and the role of nutrients. -The role of carbohydrates, fat, protein, vitamins and minerals. - Hydration	Anatomy and physiology -Bones and functions of the skeleton -Structure of the skeletal system -Muscles of the body	Anatomy and physiology -Structure of synovial joint -Types of freely moveable joints -Joints, muscles and movement during physical activity	Anatomy and physiology -The pathway of air -Gaseous exchange -Blood vessels -Effects of exercise – immediate, short and long term.	Sports psychology -Skill and ability, classification of skills -Classification of skills -Revision of year one -Mock exam



Autumn Term		Spring Term			Summer Term	
Year Two	Half Term	Half Term	Half Term	Half Term	Half Term	Half Term
Focus/Range	Paper 1: The human body and movement in physical activity and sport	Paper 1: The human body and movement in physical activity and sport	Paper 1: The human body and movement in physical activity and sport	Paper 2: Socio-cultural influences and well-being in physical activity and sport	Paper 2: Socio-cultural influences and well-being in physical activity and sport	Revision of year two content
Unit content	Physical training -Health and fitness recap -The components of fitness -Linking sports activities to components of fitness - Reasons for and limitations of fitness testing	Physical training - Measuring the components of fitness -Data collection -The principles of training and overload -Analysis and evaluation review	Physical training Types of training, advantages/disadvantages -Calculating intensity -Injury prevention -Warming up and cooling down -Calculating intensity -High altitude training	Sports psychology -Arousal and the inverted U theory -Skill/Stress management techniques -Definition of and types of goals -Performance and outcome goals	Sports psychology -The use of SMART targets -Basic information process model -identify examples of and evaluate, the effectiveness of guidance and feedback	-Review and recap of units covered. -Revision and exam practice -Mock exam -Analysis and evaluation review.



		Autumn Term		Spring Term		Summer Term	
Year Three	Half Term	Half Term	Half Term	Half Term	Half Term	Half Term	Half Term
Focus/Range	Paper 2: Socio-cultural influences and well-being in physical activity and sport	Paper 2: Socio-cultural influences and well-being in physical activity and sport	Paper 1: The human body and movement in physical activity and sport	Paper 1: The human body and movement in physical activity and sport	Revision and paper unit reviews		
Unit content	<p>Sports psychology</p> <ul style="list-style-type: none"> -Direct and indirect aggression - Characteristics of an introvert and extrovert personality types -Definitions of intrinsic and extrinsic motivations -Evaluation of both intrinsic and extrinsic motivation in sport. -Analysis and evaluation review 	<p>Socio – cultural influences</p> <ul style="list-style-type: none"> -Engagement patterns and the factors effecting them -Commercialism, sponsorship and the media -Positive and negative impact of sponsorship and the media -Positive and negative impacts of technology -Drugs in sport -Spectator behaviour and hooliganism 	<p>Anatomy and physiology</p> <ul style="list-style-type: none"> -The structure of the heart -Cardiac cycle and pathway of blood -Cardiac output and stroke volume -Mechanics of breathing; revision of gaseous exchange -Spirometer trace 	<p>Movement analysis</p> <ul style="list-style-type: none"> -Lever systems -Analysis of basic movements including revision of joints/muscles/bones. -Planes and axes 	<ul style="list-style-type: none"> -Revision and exam technique -Mock exam 		