



## Year 10 Curriculum Overview

**Rationale:** The Year 10 GCSE PE curriculum is designed to provide students with an opportunity to studying the theoretical components of sports science alongside continuing to develop practical skills in a range of sports.

Component 1 of the GCSE programme requires students to develop an understanding of the physical factors that affect performance in sport. Students will develop their knowledge of the structure and function of the human body during physical activity and the physiological responses to training, as well as the different types of training that can be used to develop the physiological function of the human body whilst minimising the risk of injury.

Alongside the development of theoretical knowledge, students also participate in a broad range of both team and individual sports (both in lessons and through extra-curricular opportunities) in order to continue to develop their skills, fitness and tactics in preparation for their terminal practical assessments.

Term	Outline	Assessment/ Teacher Feedback Opportunities	Homework and Literacy resources
Half Term 1	In the first half term of the two year programme students begin to learn about the physical factors that affect performance in sport. Specifically they learn the location of major bones, the functions of the skeleton and different types of joints. They also learn about the location of major muscles groups, the role of muscles in movement and how the skeletal and muscular system work together to create different types of movements. Students complete this half term by developing their understanding of movement analysis which involves them developing knowledge of lever systems, planes of movement and axes of rotation.	Internal assessment based on past exam questions on the topics of the skeletal system, the muscular system and movement analysis.	<p>Homework: Homework will include worksheets and exam question practice on the function of the skeletal system and movement analysis, as well as revision for the end of topic assessment. Revision for spelling tests is also set to help students retain key terminology.</p> <p>Optional Homework: Skeletal System revision: <a href="#">Structure of the skeletal system - Skeletal system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p> <p>Skeletal System revision: <a href="https://www.youtube.com/watch?v=niYljxn1Njg">https://www.youtube.com/watch?v=niYljxn1Njg</a></p> <p>Skeletal System revision: <a href="https://www.youtube.com/watch?v=HMgLW-Bct48">https://www.youtube.com/watch?v=HMgLW-Bct48</a></p> <p>Muscular system revision: <a href="#">Involuntary, voluntary and skeletal muscle - Muscular system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p>

			<p>Muscular system revision:  <a href="https://www.youtube.com/watch?v=-fkoJCLYYgo">https://www.youtube.com/watch?v=-fkoJCLYYgo</a></p> <p>Muscular system revision:  <a href="https://www.youtube.com/watch?v=7aaAAfCFaX8">https://www.youtube.com/watch?v=7aaAAfCFaX8</a></p> <p>Movement analysis revision: <a href="#">First, second and third class levers in the body - Movement analysis in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p> <p>Movement analysis revision:  <a href="https://www.youtube.com/watch?v=dH4I7wFz2YU">https://www.youtube.com/watch?v=dH4I7wFz2YU</a></p> <p>Movement analysis revision:  <a href="https://www.youtube.com/watch?v=n5C8yoFRDf0">https://www.youtube.com/watch?v=n5C8yoFRDf0</a></p> <p>Musculo-Skeletal Quiz: <a href="#">The Musculo-Skeletal System Quiz - The PE Classroom</a></p>
<b>Half Term 2</b>	<p>In the second half term students study the cardiovascular system and respiratory system in order to further develop their understanding of how physical factors that affect performance in sport. Students learn about the structure and function of the double circulatory system, the path of blood around the body and through the heart, the different types of blood vessels and how physical activity can impact heart rate, stroke volume and cardiac output. They also develop their understanding of the respiratory system</p>	<p>Internal assessment based on past exam questions on the topics of the cardiovascular system and respiratory system.</p>	<p>Homework:  Homework includes creating flowcharts summarising the pathway of blood around the body and pathway of air into the lungs. Students create a story board which shows how oxygenated and deoxygenated blood in action around the body. Exam question practice and worksheets are also used to clarify keywords and develop exam technique, prior to revising for the end of topic assessment using resources such as knowledge organisers.</p> <p>Optional Homework:  Cardiovascular system revision: <a href="#">Structure of the cardiovascular system - Cardiovascular system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p>

	by developing knowledge of the structure and function of the system as well as how breathing rate, tidal volume and minute ventilation are affected by exercise.		<p>Cardiovascular system revision:  <a href="https://www.youtube.com/watch?v=sAKRIQUnGqU">https://www.youtube.com/watch?v=sAKRIQUnGqU</a></p> <p>Cardiovascular system revision:  <a href="https://www.youtube.com/watch?v=Qfmw03mDK9A">https://www.youtube.com/watch?v=Qfmw03mDK9A</a></p> <p>Respiratory system revision: <a href="#">Structure of the respiratory system - Respiratory system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p> <p>Respiratory system revision:  <a href="https://www.youtube.com/watch?v=c5jm2jAlwN8">https://www.youtube.com/watch?v=c5jm2jAlwN8</a></p> <p>Respiratory system revision:  <a href="https://www.youtube.com/watch?v=M4kMAHkYtc">https://www.youtube.com/watch?v=M4kMAHkYtc</a></p> <p>Aerobic and Anaerobic Fitness revision: <a href="#">Anaerobic respiratory system - Aerobic and anaerobic exercise - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p> <p>Aerobic and Anaerobic Fitness revision:  <a href="https://www.youtube.com/watch?v=IIRQF6Dqhs8">https://www.youtube.com/watch?v=IIRQF6Dqhs8</a></p>
<b>Half Term 3</b>	Students further develop their knowledge of the body systems in the third half term as they start to consider them more holistically to analyse the short and long term effects of exercise on the body. They then move on to learn about physical training, developing their understanding of the components of fitness, fitness testing, types of training	Internal assessment based on past exam questions on the topics relating to physical training.	<p>Homework:  Homework this half term includes exam question practice and worksheets to clarify keywords and key learning points. Students also consider the physical changes to their body with exercise and analyse their data from practical experiments in class, at home.</p>

	<p>and principles of optimising training. Students have the opportunity to experience different types of training and the short term physiological effects of training through practical experiences.</p>		<p>Optional Homework: Short and long term effects of exercise revision: <a href="#">Short term effects of exercise on the body systems - Long and short term effects of exercise - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p> <p>Short and long term effects of exercise revision: <a href="https://www.youtube.com/watch?v=uYUWuZ98B0M">https://www.youtube.com/watch?v=uYUWuZ98B0M</a></p> <p>Short and long term effects of exercise revision: <a href="https://www.youtube.com/watch?v=LdEbg01JT98">https://www.youtube.com/watch?v=LdEbg01JT98</a></p> <p>Components of fitness revision: <a href="#">Components of fitness - Keeping fit and healthy in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p> <p>Components of fitness revision: <a href="https://www.youtube.com/watch?v=DUIb1z-AQhQ">https://www.youtube.com/watch?v=DUIb1z-AQhQ</a></p> <p>Principles of training revision: <a href="#">Definitions and descriptions of the principles of training - Principles of training - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p> <p>Principles of training revision: <a href="https://www.youtube.com/watch?v=rWxinSru8Gc">https://www.youtube.com/watch?v=rWxinSru8Gc</a></p> <p>Types of training revision: <a href="#">The effects of the warm up and cool down process - Methods and effects of training - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p> <p>Types of training revision: <a href="https://www.youtube.com/watch?v=Ag6tqOzPSYs">https://www.youtube.com/watch?v=Ag6tqOzPSYs</a></p>
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<p><b>Half Term 4</b></p>	<p>Students continue to learn about and experience different types of training in this half term and in the latter part of the Spring term begin to learn about injury prevention; they develop their understanding of warm ups and cool downs, strategies they can use to minimise injury and identification of potential hazards.</p>	<p>Lessons will incorporate past paper exam questions on the topics relating to injury prevention.</p>	<p>Homework: Homework includes planning a warm up and cool down which students then deliver to a group of peers in lesson. They also continue to complete exam question practice and worksheets to clarify keywords and key learning points. Finally, students revise for the end of topic assessment using resources such as knowledge organisers.</p> <p>Optional Homework: Preventing injury revision: <a href="#">Health screening - PAR-Q questionnaire - Preventing injury in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p> <p>Preventing injury revision: <a href="https://www.youtube.com/watch?v=KwHPXflp6C8">https://www.youtube.com/watch?v=KwHPXflp6C8</a></p> <p>Preventing injury revision: <a href="https://www.youtube.com/watch?v=WiiTVPPMkAE">https://www.youtube.com/watch?v=WiiTVPPMkAE</a></p> <p>Preventing injury revision: <a href="https://www.youtube.com/watch?v=Qtgs3pstrT8">https://www.youtube.com/watch?v=Qtgs3pstrT8</a></p>
<p><b>Half Term 5</b></p>	<p>In the summer term students begin to learn about some of the sociocultural and sport psychology theory which will be studied further in year 11. This is because in the final half term of the year students begin their Non-Examined Assessment (NEA) which requires them to analyse and evaluate their own or a peer's performance in one activity and design a development plan for improvement. Specifically students develop a foundation understanding of</p>	<p>There is no internal assessment this half term as student prepare/ revise for a mock examination next half term, covering all content covered relating to physical factors affecting performance</p>	<p>Homework: Homework this half term includes analysing skills and plotting them on skills continuums, keeping a diet log for a week and analysing their diet against the eat well guide and finally students begin to spend time at home researching their sport and the associated skills in preparation for their Non-Examined Assessment.</p> <p>Optional Homework: Classification of skill revision: <a href="#">Characteristics of skilful movement - Classification of skill in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p>

	<p>classifications of skill, goal setting, health and wellbeing, and diet and hydration.</p>	<p>(Paper 1 OCR GCSE PE).</p>	<p>Classification of skill revision:  <a href="https://www.youtube.com/watch?v=8YLS6hA65BM">https://www.youtube.com/watch?v=8YLS6hA65BM</a></p> <p>Goal Setting revision: <a href="#">Using goal setting - Goal setting - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p> <p>Goal Setting revision:  <a href="https://www.youtube.com/watch?v=9TNgZgeRFVs">https://www.youtube.com/watch?v=9TNgZgeRFVs</a></p> <p>Health and wellbeing revision: <a href="#">Ensuring wellbeing through fitness and exercise - Health and wellbeing in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p> <p>Health and wellbeing revision:  <a href="https://www.youtube.com/watch?v=eLWAtTMikoc">https://www.youtube.com/watch?v=eLWAtTMikoc</a></p> <p>Health and wellbeing revision:  <a href="https://www.youtube.com/watch?v=fUihO0AW2wA">https://www.youtube.com/watch?v=fUihO0AW2wA</a></p> <p>Sedentary Lifestyles: <a href="#">Physical activity levels - moderate and vigorous intensity - Sedentary lifestyles - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p> <p>Diet and Nutrition: <a href="#">Energy balance equation and question - Diet and nutrition - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p> <p>Diet and Nutrition:  <a href="https://www.youtube.com/watch?v=dLGMYgYHMkl">https://www.youtube.com/watch?v=dLGMYgYHMkl</a></p> <p>Diet and Nutrition:  <a href="https://www.youtube.com/watch?v=Nd4Dr5WZcJw">https://www.youtube.com/watch?v=Nd4Dr5WZcJw</a></p>
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<b>Half Term 6</b>	<p>In the final half term of year 10 students begin the first component of the Non-Examined Assessment (NEA). This task is called 'Analysing and Evaluating Performance' (AEP). This synoptic component of the course draws on the knowledge, understanding and skills a student has learnt and requires them to analyse and evaluate their own or a peer's performance in one activity before designing an action plan to improve performance.</p> <p>The AEP element of the Non-Examined Assessment (NEA) is worth 10% of the final grade for GCSE PE.</p>	<p>Mock examination covering all content covered relating to physical factors affecting performance (Paper 1 OCR GCSE PE).</p>	<p>Homework: Homework this half term involves students completing research on skills in their chosen sport, drills and practices that can be used in their action plan and revision of all topics to date so that they can be applied to their NEA.</p> <p>Optional Homework: Summary of NEA task: <a href="#">NEA GCSE PE - YouTube</a></p> <p>Supporting resources for NEA: <a href="#">Performance analysis - GCSE Physical Education Revision - OCR - BBC Bitesize</a></p>

Across the year and alongside the above theoretical studies, students engage in a range of practical activities taken from the OCR Guide to Non-Examined Assessment (<https://www.ocr.org.uk/Images/234827-gcse-guide-to-non-exam-assessment.pdf>). The sports studied each year vary depending on the interests and characteristics of the cohort but tend to include sports such as: netball, basketball, football, rugby, table tennis, badminton, handball, and athletics. Students develop the necessary knowledge and skills to successfully participate in each activity; this knowledge will include applicable rules and

regulations, tactics and strategies, team formations (where appropriate) and safety considerations. Students are assessed (in line with the guidance in the OCR Guide to Non-Examined Assessment) in all sports studied and their best three marks (including at least one team and one individual sport) are submitted as their final practical score at the end of the two year programme. The practical element of the Non-Examined Assessment (NEA) is worth 30% of the final grade.

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**C**ommitment, **O**ppportunity, **R**espect & **E**xcellence  
for all and in all that we do