

Subject: PE GCSE

Exam Board: Edexcel

	Year 10	Year 11	Additional information
Autumn 1	<p>Component 2 Health and Performance - Topic 2 Health Fitness and Wellbeing</p> <ul style="list-style-type: none"> • 1.1 Physical, emotional, social health and fitness and well being • 1.2 Sedentary lifestyles • 1.3 Energy use, diet, nutrition and hydration 	<p>Component 1 Fitness and Body Systems - Topic 1 Applied Anatomy and Physiology</p> <ul style="list-style-type: none"> • 1.1 Structure and function of the musculoskeletal system • 1.2 The structure and functions of the cardiorespiratory systems 	<p><u>Link to Syllabus</u></p> <ul style="list-style-type: none"> • <u>Full Course Specification</u> • <u>Practical Performance Assessment Criteria</u>
Autumn 2	<p>Component 1 Fitness and Body Systems - Topic 3 Physical Training</p> <ul style="list-style-type: none"> • 3.1 Health and Fitness • 3.2 Components of fitness and fitness tests • 3.3 Principles of training and training methods <p>Component 2 Health and Performance - Topic 2 Sport Psychology</p> <ul style="list-style-type: none"> • 2.2 Goal setting and SMART targets 	<p>Component 1 Fitness and Body Systems - Topic 1 Applied Anatomy and Physiology</p> <ul style="list-style-type: none"> • 1.2 The structure and functions of the cardiorespiratory systems continued • 1.3 Aerobic and anaerobic exercise • 1.4 The short and long-term effects of exercise 	<p><u>Practical Assessments</u></p> <ul style="list-style-type: none"> • Students must be assessed in x3 sports. The majority of sports will be assessed in school anytime during the 2 year course. <p><u>Video Evidence</u></p> <ul style="list-style-type: none"> • Sports not being assessed in school, such as golf, gymnastics etc have to be videoed. The correct criteria must be met, using the link above in the 'Practical Performance Assessment

			Criteria' section.
Spring 1	<p>Component 1 Fitness and Body Systems - Topic 3 Physical Training</p> <ul style="list-style-type: none"> • 3.6 Warm up and cool down <p>Component 4 Personal Exercise Programme (PEP)</p> <ul style="list-style-type: none"> • Aim and planning analysis 	<p>Component 2 Health and Performance - Topic 3 Socio-cultural influences</p> <ul style="list-style-type: none"> • 3.1 Engagement Patterns of different social groups in physical activity and sport • 3.2 Commercialisation of physical activity and sport • 3.3 Ethical and socio-cultural issues in sport and physical activity 	<p>Link to published exam board resources</p>
Spring 2	<p>Component 4 Personal Exercise Programme (PEP)</p> <ul style="list-style-type: none"> • Carrying out and monitoring of PEP • Evaluation of data and programme 	<p>Component 1 Fitness and Body Systems - Topic 2 Movement Analysis</p> <ul style="list-style-type: none"> • 2.1 Lever systems • 2.2 Planes and axes of movement 	<p>Link to online support</p>
Summer 1	<p>Component 1 Fitness and Body Systems - Topic 3 Physical Training</p> <ul style="list-style-type: none"> • 3.5 Injuries and performance enhancing drugs <p>Component 2 Health and Performance - Topic 2 Sport Psychology</p> <ul style="list-style-type: none"> • 2.1 Classification of skill • 2.3 Guidance and feedback 	<p>Revision for exams</p>	<p><u>Subject Specific Resources Needed</u></p> <p>Calculator</p> <p>PE kit for practical's</p>

	<ul style="list-style-type: none"> ● 2.4 Mental preparation ● 4.1 Use of Data 		
Summer 2	Revision and Mock Preparation	Course completed by end of May	<p><u>Exams for GCSE PE</u></p> <p>Summer of Year 11</p> <p>Component 1 Fitness and Body Systems - 1hr 45mins 90 marks</p> <p>Component 2 Health and Performance - 1hr 15mins 70 marks</p>

Subject: PE A level (2016 course)

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	Year 12		Year 13		Coursework	Additional information
	Paper 1 – Anatomy and Physiology	Paper 2 – Social Principles and Psychology	Paper 1 – Anatomy and Physiology. Exercise Physiology and Applied Movement Analysis.	Paper 2 – Social Principles and Psychology	Component 3 (Practical Performance) & Component 4 (PDP)	
Autumn 1	Induction Task responses and Baseline Assessments 1.1 Muscular and Skeletal System	Induction Task responses and Baseline Assessments 3.1 Coach and performer 3.2 Classification and transfer of skills	(2.2 Preparation and Training)	5.1 The factors leading to development of modern day sport	(2.2 Preparation and Training)	ISBN of textbooks ISBN-10: 190142488X ISBN-13: 978-1901424881

Autumn 2	1.3 Neuromuscular system.	3.3 Learning theories 3.4 Practices	(2.1 Diet and Nutrition) 2.3 Injury prevention and rehabilitation	5.2 Globalisation of sport 5.3 Commercialisation of sport	PA and PDP Coursework (2.1 Diet and Nutrition)	Link to Syllabus Specification
Spring 1	1.2 Cardiovascular and Cardiorespiratory systems	3.5 Guidance 3.6 Feedback	2.4 Linear Motion 2.5 Angular Motion 2.6 Projectile Motion 2.7 Fluid Mechanics	5.4 Ethics and deviance in sport 5.5 Relationship between sport and media		Assessment Paper 1 – 40% Paper 2 – 30%
Spring 2	1.4 Energy systems	3.7 Memory models 4.1 Factors that can influence an individual	2.4 Linear Motion 2.5 Angular Motion 2.6 Projectile Motion 2.7 Fluid Mechanics	5.6 Development routes from talent ID to elite 5.7 Participation and health of the nation		Coursework Component 3 – PRACTICAL (15%) Component 4 – PDP (15%)
Summer 1	1.4 Energy systems	4.2 Dynamics of a group and their influence	Exam	Exam		Links to online support Online support

		4.3 Goal setting				
Summer 2	1.4 Energy systems	4.4 Attribution Theory 4.6 Leadership 4.5 Confidence and self-efficacy				Subject Specific Resources Needed PE kit for practical sessions