



Venerable Bede CE Academy
Long Term Curriculum Plan

Subject: Physical Education – GCSE PE (including first year of Assessed PE)

Curriculum Intent:

Through our curriculum, EVERY pupil is going to...

- **Develop** a love of learning, academic excellence and **perseverance** in a Christian context
- **Engage** in a wide range of opportunities in **joyful**, meaningful contexts to develop self-worth and mastery of knowledge and skills
- **Encourage** themselves and others to be aspirational and make **wise** choices so that they are prepared for life
- **Practise** equality of opportunity by valuing diversity, actively challenging prejudice and demonstrating **forgiveness** and **hope**

Year	Topic/Unit Title	Approximate Curriculum Hours	Assessment
Year 10	Fitness & Training – Components of Fitness, including fitness tests and the relationship between the terms health and fitness	5	End of unit Exam Extended writing assessment
	Fitness & Training – Methods of Training	5	End of unit Exam Extended writing assessment
	Fitness & Training – Principles of Training	5	End of unit Exam Extended writing assessment
	Personal Exercise Programme – including the design, implementation, analysis and evaluation	20	Controlled Assessment – pupils design and implement 6 week training programme to develop and improve levels of fitness for a preferred sport
	Drugs in Sport	5	End of unit Exam Extended writing assessment
	Lever systems, examples of their use in activity and the mechanical advantage they provide in movement	5	End of unit Exam Extended writing assessment

	Planes and axes of movement	5	End of unit Exam Extended writing assessment
	Energy use, diet, nutrition and hydration	5	End of unit Exam Extended writing assessment
Year 10 Homework Overview: GCSE pupils complete revision and retrieval homework throughout the year, this includes a number of different questions and tasks that tests knowledge as pupils move through the course. This is in addition to practice exam questions.			
Year 11	Physical, emotional and social health, fitness and well-being	5	End of unit Exam Extended writing assessment
	The consequences of a sedentary lifestyle		
	Classification of Skill – basic/complex/open/closed	4	End of unit Exam Extended writing assessment
	The use of goal setting and SMART targets to improve and/or optimise performance	4	End of unit Exam Extended writing assessment
	Guidance and feedback on performance	8	End of unit Exam Extended writing assessment
	Mental preparation for performance		
	Engagement patterns of different social groups in physical activity and sport	4	End of unit Exam Extended writing assessment
	Commercialisation of physical activity and sport	5	End of unit Exam Extended writing assessment
	Ethical and sociocultural issues in physical activity and sport	4	End of unit Exam Extended writing assessment
	Revision and time to re-cap identified topics	Remaining time in year 11 usually from around January	
Year 11 Homework Overview: GCSE pupils complete revision and retrieval homework throughout the year, this includes a number of different questions and tasks that tests knowledge as pupils move through the course. This is in addition to practice exam questions.			

Throughout the course staff will incorporate a selection of starters and tests to focus on recall of topics that have been covered previously.