

YEAR 10 GCSE - Curriculum rationales

Autumn 1 Sept- Oct	Autumn 2 Nov-Dec	Spring 1 Jan-Feb	Spring 2 March-April	Summer 1 April- May	Summer 2 June- July
Content Delivered			Core Knowledge		
1.2.a Components of fitness 1.2.b Training principles 1.2.b Optimising training	1.2.c Prevention of injury 1.1.a Functions of the skeleton/location of major bones 1.1.a Types of synovial joints 1.1.a Types of movement at joints 1.1.a Other components of joints 1.1.e Short- and long-term effects of exercise	1.1.b Location of major muscle groups 1.1.b The role of muscles in movement 1.1.e Short- and long-term effects of exercise 1.1.c Lever systems 1.1.c Planes of movement and axes of rotation AEP course work intro	AEP coursework controlled assessment First 7 hours to be completed in computer rooms: Evaluation of fitness testing Analysis of the components of fitness Overview of key skills Assessment of performance	2.2.a Physical activity levels 2.2.a Participation rates 2.1.b Commercialisation in sport	2.1.c Ethics in sport 2.1.c Drugs in sport
Key curriculum skills/Cultural capital					

- Demonstrate an understanding of how data are collected – both qualitative and quantitative
- Present data, including graphs and tables.
- Analyse and evaluate data, including graphs and tables.
- Learners will develop the ability to collect and use data, analyse movement and apply their knowledge and understanding, using examples from physical activity and sport.
- Demonstrate and apply theoretical concepts to current affairs and how they fit in with the wider society.
- Effective revision skills to develop along with exam preparation.

Assessment

- **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.
- **AO4** Demonstrate and apply relevant skills and techniques in physical activity and sport.
- **AO4** Analyse and evaluate performance.

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- OCR end of topic tests half termly.
- www.theeverlearner.com checkpoints and Exam builder assessments throughout the year.

Literacy and Oracy

- Key words and definitions.
- Extended writing to be completed to support 6-mark synoptic exam questions.
- Booklets contain a range of comprehension exercises as well as current affairs articles to read.
- Extended scenario questions built in to booklets to stretch and challenge students.

Home Learning

- Weekly www.theeverlearner.com 15 question reviews on topics covered.
- Where appropriate Teams page will contain revision materials and exemplar resources to support student progress.

YEAR 11 - Curriculum rationales – standardised, consistent and clear?

WINTER SPORTS			SUMMER SPORTS		
Autumn 1 Sept- Oct	Autumn 2 Nov-Dec	Spring 1 Jan-Feb	Spring 2 March-April	Summer 1 April- May	Summer 2 June- July
FRIENDSHIP	RESILIENCE	DETERMINATION	COURAGE	INSPIRATION	EXCELLENCE
Key curriculum skills					
<p>The year 11 curriculum will further develop and master physical fundamental skills in various sporting contexts and competitive situations. The curriculum will continue to promote physical literacy, pupil motivation, confidence, knowledge and understanding. Maintaining positive experiences in sport and encouraging lifelong participation in physical activity. Pupils will continue to develop their social skills. Promoting learner autonomy, allowing pupils to choose (when viable) their activity, building new relationships through interactions between PE groups, further facilitating peer collaboration, differing responsibilities within a team/activity/ and developing leadership and effective communication skills. The curriculum fosters creativity and innovation through cognitive development, by means of problem-solving opportunities, involving outwitting opponents, strategising and critical thinking.</p>					
Key Knowledge (Cultural Capital and Content)					
Fitness/S6 (S&C, BoxFit, Pilates); Football; Rugby; Netball; Basketball; Benchball; Dodgeball; Table Tennis; Badminton (Pupils will be given a choice of activity where possible)			Rounders; Tennis/ Short Tennis; Ultimate Frisbee; Athletics/ Indoor Athletics; Softball; Cricket; Footgolf; Heathy walking.		
Assessment					
Students will be assessed by their Attitude to Learning, focusing on the engagement, effort and contribution in the lesson. Students will be assessed by the end of each half term by their PE Teacher.					
Literacy and Oracy					
Core/substantive knowledge (tiered vocabulary) will continue to be embedded in year 11. Big picture questions to be used to direct schemes of learning. Therefore developing the notion of transferring skills across the areas/activities taught.					
Home Learning					
Pupils will be encouraged to attend winter sports clubs after school.			Pupils will be encouraged to attend summer sports clubs after school.		

