

HIGHFIELDS SCHOOL

CURRICULUM OVERVIEW 2023-2024



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SUBJECT: GCSE PHYSICAL EDUCATION

EXAMINATION BOARD: EDEXCEL

AUTUMN TERM - YEAR 10	SPRING TERM - YEAR 10	SUMMER TERM - YEAR 10
<p>Practical Component 3: Practical assessment will be done through Core PE, Extra-Curricular clubs primarily.</p> <p>Theory: Paper 1 – Fitness and body systems Topic 1: Applied anatomy and physiology</p> <ul style="list-style-type: none"> • Functions of the skeletal system • Classification of bones • Structure of the skeletal system • Classification and roles of muscles. • Location and roles of key voluntary muscles. • Antagonistic muscles pairs of muscles. • Fast and slow twitch muscle fibres. • Structure and function of the cardiovascular system. Arteries, capillaries and veins. Vascular shunting. Components of blood and their significance for physical activity. • Respiratory system – composition of air; lung volumes and change in tidal volume. Location and roles of principal components of respiratory system. Structure and function of alveoli. • Energy sources; aerobic and anaerobic exercise • Short-term effects of exercise. 	<p>Practical Component 3: Practical assessment will be done through Core PE and Extra-Curricular clubs primarily.</p> <p>Theory: Paper 1 – Fitness and body systems Topic 2: Movement analysis</p> <ul style="list-style-type: none"> • Lever system – first-, second- and third-class levers. • Mechanical advantage in sport and physical activity. • Movement possibilities at joints; utilisation of movement in physical activity. • Joint classification and impact on range of possible movements. • Planes and axes – generalised movement patterns. <p>Topic 3: Physical training</p> <ul style="list-style-type: none"> • The relationship between health and fitness • The components of fitness • PARQs; warm ups and cool downs • Components of fitness • Fitness tests – theory and practice 	<p>Practical Component 3: Practical assessment will be done through Core PE and Extra-Curricular clubs primarily. Completion of a personal exercise programme.</p> <p>Theory: Paper 1 – Fitness and body systems Topic 3: Physical training</p> <ul style="list-style-type: none"> • Principles of training • An introduction to using a PEP to develop fitness, health, exercise and performance • Application of principles of training to a PEP • Methods of training for specific components of fitness • Application of methods of training to a PEP <p>Component 4 – Personal exercise programme</p> <ul style="list-style-type: none"> • Completion of a PEP
<p>ASSESSMENT End of unit exam/tests. Practical performance assessment.</p>		

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AUTUMN TERM - YEAR 11	SPRING TERM - YEAR 11	SUMMER TERM - YEAR 11
<p>Practical Component 3: Practical assessment completed in three sporting activities.</p> <p>Theory: Paper 1 – Fitness and body systems Topic 3: Physical training</p> <ul style="list-style-type: none"> • Long term effects of training on the musculoskeletal system • Long term effects of training on the cardiorespiratory system • Identification and treatment of injury • Injury prevention in physical activity • Performance enhancing drugs <p>Theory: Paper 2 – Health and performance Topic 1: Health, fitness and wellbeing</p> <ul style="list-style-type: none"> • Physical, emotional and social health • Impact of fitness on wellbeing • Lifestyle choices • Positive and negative impact of lifestyle choices • Sedentary lifestyles and consequences • Balanced diet and the role of nutrients • Dietary manipulation for sport • Optimum weight 	<p>Practical Component 3: Practical assessment completed in three sporting activities.</p> <p>Theory: Paper 2 – Health and performance Topic 2: Sport Psychology</p> <ul style="list-style-type: none"> • Goal setting – SMART targets. • Classification of skills. Forms of practice – theory and practical application. • Types of guidance – theory and practical application. • Mental preparation for performance; Types of feedback. • Sports psychology – use of data. <p>Topic 3: Socio-cultural influences</p> <ul style="list-style-type: none"> • Factors affecting participation in physical activity • Participation rate trends – use of data • Commercialisation and the media • Advantages and disadvantages of commercialisation • Sporting behaviours • Deviance in sport 	<p>Practical Component 3: Practical assessment completed in three sporting activities.</p> <p>Theory</p> <ul style="list-style-type: none"> • Revise and review paper 1 content • Revise and review paper 2 content • Mock exam • Revision and exam technique (i)
<p>ASSESSMENT Component 4: Personal exercise programme NEA: internally marked and externally moderated 10% of the qualification 20 marks End of unit exam/tests. Practical performance assessment.</p>	<p>ASSESSMENT Component 3: Practical performance Non-Examined Assessment (NEA): internally marked and externally moderated 30% of the qualification 90 marks (30 marks per activity) three activities, one must be a team activity, one individual activity, one free choice</p>	<p>ASSESSMENT Component 1: Fitness and body systems Written examination: 1 hour and 30 mins 36% of the qualification 80 marks Component 2: Health and performance Written examination: 1 hour and 15 mins 24% of the qualification 60 marks</p>