

SCHEME OF WORK

GCSE: Physical Education YEAR 1

B451: Intro to PE		MAIN LESSON CONTENT
Autumn 1	Key Concepts in PE	Introduction to Course and Expectations
		Concepts: Competence, Performance, Creativity and Healthy, active lifestyles
		Developing skills and techniques
		Decision Making – performer, coach and official
	Key Processes in PE	Informed choices – Diet
		Informed choices – Balancing Diet
		Informed choices – Age, gender, disability
		Progress Check 1
Autumn 2	Key Processes in PE	Informed choices – Indicators of health and well being
		Physical and Mental capacity – Components of Fitness
		Evaluating and Improving – Fitness Testing
		Informed choices – Smoking, alcohol and lifestyle
		Drugs in sport
		Progress Check 2
Spring 1	Coursework Analysing Lifestyle (5%)	B452 Analysing Lifestyle
		Gathering Data Fitness Testing/BMI, Diet, social factors, health indicators and planning for lifestyle improvements
Spring 2	Developing skills, techniques and motivation	Completion of Coursework
		Review of Coursework and Practical Activities
		Physical and Mental capacity – Warm-up and Cool-down
		Evaluating and Improving – Skilled v Unskilled
		Reasons for Participation – positive
		Reasons for Participation – negative
Progress Check 3		
Summer 1	Opportunities, pathways and participation in PE	Specific social, cultural and locational reasons affecting participation
		Specific social, cultural and locational reasons affecting participation
		School Influences on Participation – National Curriculum
		Identification and description of pathways for involvement in PE
		Identification and description of pathways for involvement in PE
Summer 2	REVISION	Revision of B451- Intro to PE
		Revision of B451- Intro to PE
		Preparation of the mock exam.
		SUMMER MOCK EXAMINATION - B451- Intro to PE
		Review of B451 – Where are you now – 50% complete – Target Review

**Lesson Split for Year 10 is 2 Theory Lessons and 3 Practical lessons a fortnight*

SCHEME OF WORK

GCSE: Physical Education YEAR 2

B453: Developing Knowledge in PE		MAIN LESSON CONTENT		
Autumn 1	Developing physical and mental capacity	Skeleton – Functions, types of joints and structure		
		Skeleton – Ranges and types of Movement, problems		
		Muscular system – Role of muscles in movement		
		Muscular system – Role of muscles in movement		
		Muscular system – Function of Tendons, Ligaments and effects of Lactic Acid		
		Circulatory system and the role of blood		
		Effects of an Active, Healthy Lifestyle – Short term effects		
		Effects of an Active, Healthy Lifestyle – Long term effects		
		Progress Check 1		
Autumn 2	Informed decision making using the principles of training and safe practice	Risk Assessment – Identifying potential hazards		
		Risk Assessment – Reducing risk		
		Goal setting and Motivation in sport		
		Mental Preparation – coping with stress		
		Types of Training Methods		
		Feedback – Intrinsic/Extrinsic, KR and KP		
		Principles of Training – SPORT and FITT		
		Year 11 - Mock Exams B451 and B453		
FINILISE PRACTICAL SCORES for B452 and B454				
Spring 1	Coursework – Analysing Performance (5%)	B454 - Analysing Performance View Performance, identify key skill factors, identify weaknesses and action plan		
		Complete Controlled Assessment		
		Progress Review		
		100% complete with 2 mock Exams, 2 coursework scores and 4 practical scores		
		Methods of Learning Skills		
		Types of Training Local and National Provision		
Spring 2	Opportunities, pathways and participation in PE	Media in Sport	Revision B451 Introduction to PE (practical lessons)	Analysing Lifestyle and Performance 2 nd chance to complete
		Sponsorship and Funding		
		Government Initiatives		
		The influence of schools		
	Revision	Revision for B453 – Developing Knowledge in PE		
Summer 1	Final Practical Performance Scores Completed including Video Evidence			
	Revision	Revision for B451 and B453 Resit Exams	Final Practical Performance Scores Completed and Moderation	

Lesson Split for Year 11 is 3 Theory Lessons and 2 Practical lessons a fortnight