

GCSE/Vocational PE Curriculum 2022-23



	Term 1	Term 2	Term 3
YEAR 10 GCSE PE	Applied Anatomy and Physiology - Topic 1 Musculoskeletal System - Topic 2 Cardio respiratory System - Topic 3 Anaerobic / Aerobic	Applied Anatomy and Physiology Topic 4 – Short / long term effects of exercise Topic 5 – Movement analysis Topic 6 – Physical training	Applied Anatomy and Physiology Topic 6 – Physical training Cont'd NEA – Performance analysis
YEAR 11 GCSE PE	Social-cultural influences and well being in physical activity and sport - Topic 7 Sports psychology - Topic 8 Socio-cultural influences	Social-cultural influences and well being in physical activity and sport Topic 9 – Health and fitness Revision	

	Term 1	Term 2	Term 3
YEAR 10 Level 2 OCR	<p>R042 – Applying principles of training LO1 – Know the principles of training in a sporting context LO2 – Know how training methods target different fitness components LO3 – Be able to conduct fitness tests LO4 – Be able to develop fitness training programmes</p>	<p>R041 Reducing the risk of sports injuries LO1 - Understand the different factors which reduce the risk of injuries – Risk factors LO2 - Understand how appropriate warm up and cool down routines can help to prevent injury LO3 - Know how to respond to injuries within a sporting context LO4 -Know how to respond to common medical conditions External Exam (May)</p>	<p>R043 : The body’s response to physical activity LO 1 - Know the key components of the musculo-skeletal and cardio-respiratory systems, their functions and roles LO 2: Understand the importance of the musculo-skeletal and cardio-respiratory systems in health and fitness</p>
YEAR 11 Level 2 OCR	<p>R043 : The body’s response to physical activity LO 3: Be able to assess the short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems Different short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems Learning Outcome 4: Be able to assess the long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems R045: Sports nutrition</p>	<p>R045: Sports nutrition LO2: Understand the importance of nutrition in sport LO3: Know about the effects of a poor diet on sports performance and participation LO4: Be able to develop diet plans for performers R041 Reducing the risk of sports injuries Resit exam</p>	

	LO 1: Know about the nutrients needed for a healthy, balanced diet characteristics of a balanced diet		
--	--	--	--