

# PHYSICAL EDUCATION

# GCSE AQA SPECIFICATION

	Topic	Knowledge What will students know by the end of this unit?	Skills What skills will students have developed by the end of this unit?
Y10 Term 1	Topic 3 Health and Performance	<p>The relationship between health and fitness and the role that exercise plays in both</p> <p>The components of fitness, benefits for sport and how fitness is measured and improved</p> <p>The principles of training and their application to personal exercise/ training programmes</p> <p>The long-term effects of exercise</p> <p>How to optimise training and prevent injury</p> <p>Effective use of warm up and cool down</p> <p>Use of data</p>	<p>Students will develop their theoretical knowledge and understanding of applied anatomy and physiology</p> <p>Students will receive a well-rounded introduction to the world of PE, sport and sport science through the combination of physical performance and academic challenges.</p> <p>The content builds on the understanding developed at the previous Key Stage, increasing breadth whilst avoiding unnecessary repetition and also ensuring that the learners new to the subject are appropriately supported.</p> <p>A large section of the content to be taught in a practical way thus allowing theory to be understood through practice.</p> <p>Students will learn the following skills for <b>Badminton</b> in preparation for their practical assessment</p> <ul style="list-style-type: none"> <li>• Serves - low and short, high and deep, flick, drive</li> <li>• Clear shot – forehand and backhand; attacking and defending; overhead, underarm</li> <li>• Drop shot – fast, slow</li> <li>• Drives shot – forehand, backhand; cross court and down-the-line</li> <li>• Smash</li> <li>• Block shot - drop, straight, angled</li> <li>• Net shots – forehand, backhand</li> <li>• Lift</li> <li>• Round-the-head clear</li> </ul> <p>Students will learn the following skills for <b>Rock Climbing</b> in preparation for their practical assessment</p> <ul style="list-style-type: none"> <li>• The ability to ascend a rock face making route assessment, re-assessment and carry out safe climbs employing a range of climbing holds and moves</li> <li>• Rope management (e.g. coiling, uncoiling, preparation and carrying)</li> <li>• Select and use a single anchor to set up top rope</li> <li>• Select and use multiple anchors/understand grading used for boulder problems</li> <li>• Ability to belay with different devices/detailed knowledge of protecting a bouldering climber, this may include spotting but also e.g. positioning pads, landings, etc</li> </ul>
Y10 Term 2	Topic 1 Anatomy and Physiology	<p>The structure and functions of the musculoskeletal system</p> <p>The structure and functions of the cardiorespiratory system</p> <p>Anaerobic and aerobic exercise</p> <p>The short- and long- term effects of exercise</p>	
Y10 Term 3	Topic 2 Movement Analysis  NEA Personal Exercise Programme	<p>Lever systems, examples of their use in activity and the mechanical advantage they provide in movement</p> <p>Planes and axes of movement</p> <p>Personal Exercise Programme</p>	

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			<ul style="list-style-type: none"> <li>• Ability to demonstrate different climbing techniques</li> <li>• Tie clove hitch, overhand knot and as appropriate figure of 8 on the bight</li> <li>• Set up and undertake an abseil demonstrating the ability to lock off the abseil device during decent/descend from boulder problems safely</li> <li>• Use rope systems to demonstrate a range of secure anchors (e.g. wires, camming devices and fixed equipment)</li> </ul>
Y11 Term 1	<b>Health Fitness and Well Being</b>  <b>Sports Psychology</b>	Physical, emotional and social health, fitness and well-being  The consequences of a sedentary lifestyle  Energy use, diet, nutrition and hydration  Classification of skills (basic/complex, open/closed)  The use of goal setting and SMART targets to improve and/or optimise performance  Guidance and feedback on performance  Mental preparation for performance	<p>This component assesses students' knowledge and understanding of the factors underpinning participation and performance in physical activity and sport. Students will develop their theoretical knowledge and understanding of the contribution that physical activity and sport make to health, fitness and well-being and how these can impact on their own performance.</p> <p>Sports psychology will be introduced, with a focus on skill development, through relevant practice, guidance and feedback, as well as knowledge that learners can then apply to their own learning in practical situations in order to improve their performance. Key socio-cultural influences that can affect people's involvement in physical activity and sport will also be considered. Questions in the examination paper may be contextualised by reference to any of the activities in the activity list. Students will receive a well-rounded introduction to the world of PE, sport and sport science through the combination of physical performance and academic challenges.</p> <p>The content builds on the understanding developed at the previous Key Stage, increasing breadth whilst avoiding unnecessary repetition and also ensuring that the learners new to the subject are appropriately supported.</p> <p>A large section of the content to be taught in a practical way thus allowing theory to be understood through practice.</p>
Y11 Term 2	<b>Sports Psychology</b>  <b>Socio-Cultural Influences</b>	Engagement patterns of different social groups in physical activity and sport  Commercialisation of physical activity and sport  Ethical and socio-cultural issues in physical activity and sport  Use of Data	

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<b>Y11 Term 3</b>	<b>Topic Revision</b>		<p>Students will learn the following skills for Badminton in preparation for their practical assessment</p> <ul style="list-style-type: none"><li>• Serves - low and short, high and deep, flick, drive</li><li>• Clear shot – forehand and backhand; attacking and defending; overhead, underarm</li><li>• Drop shot – fast, slow</li><li>• Drives shot – forehand, backhand; cross court and down-the-line</li><li>• Smash</li><li>• Block shot - drop, straight, angled</li><li>• Net shots – forehand, backhand</li><li>• Lift</li><li>• Round-the-head clear</li></ul>
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