

GCSE Physical Education: Overview.

A GCSE in Physical Education will equip students with the knowledge, understanding, skills and values they need to be able to develop and maintain their performance in physical activities. Students will also gain understanding of how physical activities benefit health, fitness and well-being, develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge and understanding to improve performance. Students will be able to understand how the physiological and psychological state affects performance in physical activity and sport, perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas, develop their ability to analyse and evaluate to improve performance in physical activity and sport, understand the contribution that physical activity and sport make to health, fitness and well-being, understand the key socio-cultural influences that can affect people's involvement in physical activity and sport.

Year 10 GCSE PE: Component 1: Fitness and Body Systems

In year 10 the focus will be on the factors underpinning physical activity and sport performance. Students will develop their theoretical knowledge and understanding of applied anatomy and physiology, movement analysis and physical training so that they can use this knowledge to analyse and evaluate performance and devise informed strategies for improving/optimising their own practical performance. There will be a consistent approach to retrieval practise throughout the course with staff ensuring that theory is always followed up in practical lessons to highlight key concepts studied, enabling students to experience and understand the theory in sporting situ. E.g. reference to the particular *components of fitness, muscle fibre types and energy systems* required for a lesson on sprinting. Consistent use of Brain In Gear will prevail at the start of every lesson which will allow for appropriate recall and retention throughout the two years. End of unit tests will also include content from previous topics to facilitate an appropriate level of interleaving of knowledge.

Independent Work

Independent work is set to enable students to apply the acquired knowledge to their chosen sports. E.g. in class groups the students will learn about the main muscle groups/joint actions/components of fitness for example. Independently, students must then be able to demonstrate to what degree these various systems contribute to their main sports that they are involved in. This can be carried out via means of presentation or written assignments. Other examples of independent study include the production of a safety booklet which outlines the main points discussed throughout “injury prevention.” Additionally, information booklets are produced to inform sportsmen and women about the risks of taking “Performance Enhancing Drugs.”