The Henry Beaufort School Learning Journey

GCSE PE Curriculum Map

The HENRY BEAUFORT School
At The Henry Beaufort School, there are no limitations to success.

Cultural Capital

Higher Education

Employment

Personal Trainer, Fitness Instructor, Recreational or Leisure Assistant, Sports Coach, Activity Leader, Coaching

Apprenticeships in sport

University

Degrees in Sport coaching, Leisure managements, Sport and exercise Science, Sports Journalism

Further Education

BTEC Level 3 in Sport
A Level in PE

Examination

There are two papers for GCSE PE., both of which are one hour written.
Paper 1 covers Applied Anatomy & Physiology and Physical Training.
Paper 2 covers Socio-Cultural Influences, Sports Psychology & Health, Fitness & Well-Being.

Aerobic and Anaerobic Fitness

Learners will develop knowledge of the short and long-term effects of exercise on the body systems. Recap the Aerobic and anaerobic systems

What are the most effective revision strategies?

How does our body move and create different movements in sport and perform different sporting skills?

How does my body produce energy to take part in sport?

Bath University Visit – fitness testing

Movement Analysis

Students will be able to analyse movement in planes and axis. Also identify the types of movement possible at joints and what lever is operating.

Physical Activity & Participation

Learners will develop their knowledge and understanding of current participation trends, factors affecting participation and strategies to promote participation across a range of different groups in society.

Anatomy & Physiology

Learners will develop knowledge and understanding of the body systems, bones, muscles and cardio respiratory system.

GCSE PE Rocking Climbing Trip

What is sportsmanship? How & why do some sport performers

What are the factors that affect participation in sport?

Year 11

PRACTICAL

Students to confirm 3 practical Assessments are prepare appropriately

How do all the body systems work together when taking part in sport?

How do sports make a profit? How doe media, sponsors & sports all work

Ethical & Socio-Cultural Issues

Learners will understand the ethics in sport including sportsmanship, gamesmanship and deviance. The effects of drugs in sport and why performers take them will be understood along with reasons for player violence.

Training

Students to recap training, the methods of training and the principles of training.

Analyse and Evaluate Performance

Students to complete practice coursework when identifying strengths and weaknesses on a professional performer

Commercialisation

Learners will develop an understanding of commercialisation in sport, along with the positive/negative influences of media and technology on participation and performances in sport.

How can psychology/your mind impact your performance?

PRACTICAL

Students to focus on 'Individual Sports'
Table tennis, Badminton & Dance

Year 10

Can I identify and analyse my own strengths and weaknesses in my performance (both fitness and skills)?

How can I effectively plan a training programme?

Festival of Sport @ Chichester University

Sport Psychology

Learners will understand the psychological factors that can affect performers. Learners will also develop knowledge of the characteristics and classification of skilful movements, along with goal setting, guidance and feedback, and mental preparation.

How does my body produce energy required to be active?

Physical Training

Learners will develop their knowledge and understand the different training methods that different sport performers use. Students need to be able to apply training principles to training programmes, along with knowing how to optimise training and prevent injury.

Previous Learning

Theory aspects in Yr 7&8 include;

Skeletal system; Muscular system; Components of fitness; Health; Cardio vascular system; Warm up and cool down; Effects of exercise; Training; Movement analysis; Aerobic and Anaerobic respiration

Year 9

PRACTICAL

Students to focus on 'Team Sports'
Netball, Handball, Rugby, Football, Basketball

What does it mean to be fit and healthy?

What components of fitness are needed to be successful at sport??

Aerobic and Anaerobic Fitness

students to understand the functions and structure of the respiratory systems and the difference between aerobic and anaerobic respiration

Health, Fitness & Well-Being

Learners will understand the benefits of participating in physical activity to health, fitness and well-being. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle. Including an understanding of the components of a healthy, balanced diet.

Components of fitness & Fitness Testing

Learners will develop their knowledge and understand of the components of fitness required for physical activities and how each can be measured

Your GCSE Physical Education Journey starts here ...

GCSE Physical Education Breakdown

Examination – 60%
Practical Assessment – 30%
Analyse & Evaluate Performance – 10%

Practical Assessment (30%)

For GCSE PE, you will need to select THREE sports, with a maximum of two from either the Individual or Team category.

Analyse & Evaluate Performance (10%)

For one of your chosen sports, you will need to create a piece of coursework to demonstrate your ability to analyse and evaluate their own performance.

Learners will need to include:
- Analyse aspects of personal performance in a practical activity.
- Evaluate the strengths and weaknesses of the performance.
- Produce an action plan which aims to improve the quality and effectiveness of the performance.