

Physical Education – Curriculum Journey

OCR GCSE PE

Year 10 – Autumn 1

A: Location and function of Bones, joints/types of joint & roles of the muscles

B: participation trends and factors affecting participation

Year 10 – Autumn 2

A: Levers, planes and axis

B: Sport and the media & commercialisation of sport.

Year 10 – Spring 1

A: Cardiovascular System & blood vessels.

B: Ethics, drugs & violence in sport

Year 10 – Spring 2

A: Anaerobic/Aerobic exercise & short/long term effects of exercise

B: Skilful movement & classification of skills

Year 10 – Summer 1

A: Components of fitness & principles of training

3.2 NEA commences

B: Goal setting, mental preparation & types of Guidance

Year 10 – Summer 2

A: Optimising training, types, warm/cool down

B: Types of feedback & Health, fitness & wellbeing social, emotional & physical

Year 11 – Autumn 1

A: Prevention of Injury

3.2 NEA

B: Diet & Nutrition

Revision

Year 11 – Autumn 2

Revision

Mock Exams

Post mock exam –

3.2 NEA

Year 11 – Spring

3.2 NEA finishes

A: Revision 1.1 components

B: Revision of 2.1 Components

Year 11 – Spring 2

A: Exam technique and Revision of 1.2 Components

B: Exam Technique & Revision of 2.2 Components

Year 11 – Summer 1

A: Exam technique and Revision

B: Exam Technique & Revision

Year 11 – Summer 2

Component B Revision