

GCSE Physical Education

Subject Leader: Mrs R Becks

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Curriculum Intent: To deliver the AQA GCSE PE course and ensure students are fully prepared for their examination. To develop a lifetime love of PE and physical activity.

Core Knowledge

Topics: Applied anatomy and physiology.

Movement analysis.

Physical training.

Use of data.

Develop skills in practical sports.

Analyse and evaluate personal performance.

Sports psychology.

Socio-cultural influences.

Health, fitness and well-being.

Procedural Knowledge

Students will: Develop how to analyse and evaluate their own performances.

Develop skills, knowledge, understanding and apply in practical sporting activities.

Develop understanding of how to read, plan and answer exam questions.

Link topics and build on knowledge to gain a deeper understanding theoretical content.

Homework:

Exam questions per topic.

Homework sheets checking understanding.

Coursework.

Assessment:

Baseline tasks and progress tasks in all lessons.

End of topic assessments.

Mock paper exams.

Practical assessments.

Coursework on analyse and evaluation on personal performance.

Links to Personal Development:

Prepare learners for future success in education, employment and training.

To work in a team and show leadership skills in both individual and team sports.

Confidence, Resilience and Knowledge: Mentally healthy, physically healthy, active lifestyle, healthy relationships.

Know how to join a sporting club / exercise classes outside of school.

How is my knowledge developed further at Key Stage Five?

If students choose to study A-Level PE, they will continue to develop their knowledge of PE and sport in a theoretical context. If they do not, we offer a wide range of extra-curricular clubs which 6th form students are encouraged to take part in.