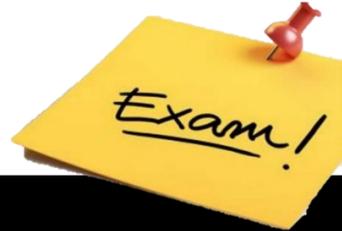




# St Martin's School Physical Education Journey

## GCSE PE CURRICULUM JOURNEY

Be The Best You Can Be...



**EXAM** – 2 exam papers will be completed and a practical exam moderation will take place for chosen sports/students.



**Revision** – this will begin once all of the theory content has been taught. Throughout the year there will be revision sessions at lunchtime. By the end of year 11, lessons will be based around revision and exam technique.

Be The Best You Can Be



- Try Your Best in All Lessons
- Bring Your PE Folder to All Lessons
- Attend Revision Sessions and Sports Clubs

**Chapter 4 Sports Psychology** - in this chapter you will develop your knowledge of characteristics of skilful movement and skill classifications. To be able to apply examples of goal setting and to know the mental preparation techniques in sport.



**AEP Analysing and Evaluating Performance** – 14 hours assigned to the non-exam assessed coursework. Within this you will analyse and evaluate performance of yourself or a peer and create an action plan designed to improve performance.



### PRACTICAL SPORTS

3 choices for your practical sports - 1 individual, 1 team and 1 team/individual. You will be continually assessed on your three chosen sports throughout the two-year course.

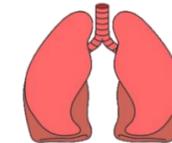
**Chapter 5 Health, Fitness and Well-being** – in this chapter you will know what is meant by health, fitness and well-being. Understand health benefits of physical exercise. You will also look at the components of a balanced diet.



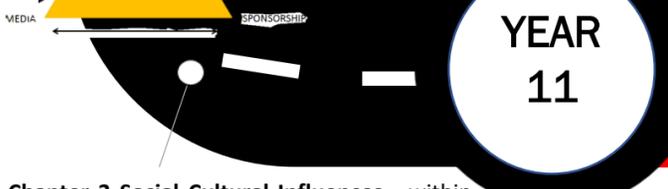
**Chapter 2 Physical Training** – within this chapter you will look at components of fitness, principles of training and how to prevent injury in physical activity and training.



**Chapter 1.5** – in this chapter you will look at the short and long term effects of exercise on the cardiovascular, muscular and respiratory systems.



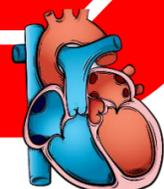
**Chapter 3 Social Cultural Influences** - within this chapter you will look at social cultural influences, engagement patterns in sport, commercialisation and ethical and social issues in sport and physical activity.



**Chapter 1.1, 1.2 & 1.3** – understand the location of the major bones and muscles in the body. You will also look at classes of levers, planes of movement and axes of rotation.



**Chapter 1.4** – in this chapter you will learn about the structure and function of the cardiovascular system, looking at blood vessels, heart rate, stroke volume and cardiac output. You will also look at the function of the respiratory system, understanding the pathway of air, gaseous exchange and different definitions.



YEAR 10

