

GCSE PE Curriculum Overview



Year 11 Overview

The aim of this year in GCSE PE is to prepare students for their final examinations in practical, theory and their controlled assessment. Students will continue with the Edexcel award and complete their PEP which is a personalised exercise programme, focusing on improving their play in a sport of their choice through the focus on a relevant component of fitness, which equates to 10% of the course. Students will be examined in 3 sports after completing an audit of their highest achieving sports. They will then be moderated on their performance of skills and application and be given a score for the practical element which equates to 30% of the course. In theory lessons, students will be covering component 2 which focusses on a health, fitness and exercise, as well as diet, sports psychology and social issues in sport. The two written exam papers will be sat in May/June so revision will be completed to help students prepare at the latter end of year 11. On completion of this course, students will have planned, carried out and reviewed their own coaching session and will have the required skills to do this in future careers or for leisure purposes.

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Week Number	Themes/ Topics	Key Knowledge & Skills	Key Assessments
1-6 (Autumn 1)	Component 4 PEP	Students will continue with their planning of their PEP after completing fitness tests and performance analysis. They will be required to collect and analyse data and then plan an appropriate exercise programme to improve their chosen component of fitness. Revision will also take place for their mock exam on component 1, paper 1.	<ul style="list-style-type: none"> • Mock exam of component 1
7-13 (Autumn 2)	Component 4 PEP – evaluation	Students will need to interpret all their data from completing the practical sessions in term 1 and then analyse and evaluate the impact of their training on their performance in their chosen sport. This will occur after re-testing their fitness and performance. Within the evaluation students will be required to recommend changes to their PEP in the future and the impact that these changes would make on their fitness and performance.	<ul style="list-style-type: none"> • Completion of PEP component 4
14-18 (Spring 1)	Component 2 – Health and Performance	Students will begin their study of component 2 – health and performance. They will explore the impact fitness and exercise have on their physical, social and emotional health, as well as diet, nutrition and lifestyle choices.	<ul style="list-style-type: none"> • Mock examination of components 1 and 2
19-24 (Spring 2)	Component 2 Health and Performance Component 3 – Practical performance	Psychology of sport and the different types of practices, guidance and feedback will then be studied. Finally the socio-cultural factors that affect sport will be explored with students needing to deduce the impact they can have and how sport can break through these barriers. For component 3 students will be working through the skills and competitive performance requirements for their upcoming examination, which can happen in spring 2 or summer 1.	<ul style="list-style-type: none"> • Mock exam of full paper 2 • Practical examinations and moderation – component 3
25-30 (Summer 1)	Component 3 Component 1 and 2	Completion of examination and moderation of practical performance and revision of components 1 and 2 in preparation for the final examinations in theory. Students will work on topic on a page, complete plenty of past papers and questions.	<ul style="list-style-type: none"> • Practical examinations and moderation – component 3 • Final GCSE theory exams – 2 papers

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