



PLUME ACADEMY - LEARNING OVERVIEW

Year	10
Course	GCSE Physical Education
Specification Number/Exam Board	8582 - AQA
End of course assessment and weightings	60% Theory – Paper 1 (30%), Paper 2 (30%) 40% Practical - Final 3 Sports (30%) Performance Analysis Assessment Coursework (10%)

Prior Learning

The subject builds on your child's key stage 3 experience in physical education by **developing and advancing all practical skills** learned in KS3 Physical Education. Specifically, they will demonstrate and apply relevant skills and techniques in physical activity and sport that further develop tactical awareness and appreciation, thinking and decision-making

They will also **explore in detail the theoretical factors** affecting participation in physical activity and sport from a physiological, psychological, biomechanical and sociological point of view. The course will inspire, motivate and challenge, and enable them to make informed decisions about further learning opportunities and career pathways.

Curriculum Intent – What are the curriculum aims?

Students will:

- develop knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and wellbeing.
- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance.
- understand how the physiological and psychological state affects performance in physical activity and sport.
- perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas.
- develop their ability to analyse and evaluate to improve performance in physical activity and sport.
- understand the contribution which physical activity and sport make to health, fitness and wellbeing.
- understand key socio-cultural influences which can affect people's involvement in physical activity and sport.

Curriculum Implementation – What will my child will be learning?

Term 1	Half Term 1	1.1.1 Musculoskeletal System
	Half Term 2	1.1.2 Respiratory System
Term 2	Half Term 3	1.1.3 Aerobic & Anaerobic Exercise 1.1.4 Effects of Exercise
	Half Term 4	1.3.1 Health, Fitness & Well-Being 1.3.2 Components of Fitness



Term 3	Half Term 5	1.3.3 Principles of Training 1.3.4 Optimise Training to Prevent Injury
	Half Term 6	1.3.5 Warm-up & Cool-downs 1.2.1 & 1.2.2 Levers & Planes & Axis

- 1 lesson per week is allocated to a practical activity, which is personalised and structured to a range of student strengths, each lasting 9 weeks.

Curriculum Impact – How will progress be assessed as I learn?

The exams and non-exam assessment will measure how students have achieved the following assessment objectives.

AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.

AO4: Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.

Students will receive independent study (i.e. homework) relating to each aspect of the course in the format of varied tasks including examination questions, research tasks, and key consolidation tasks using online platform EverLearner.

Students will complete comprehensive End of Unit (EUA) assessment and formal Close the Gap (CTG) Long Answer Questions for each aspect of the course and receive a combination of verbal and written feedback from subject staff.

Super-Curricular Opportunities – Support and Extending Learning

Useful study resources	If a student is really passionate about this subject...	As a parent/carer, I can assist my child in this subject by:
<ul style="list-style-type: none"> • Everlearner PE account • Mentoring for G&T students • GCSE PE Revision Guide: GCSE Simplified 	<p>Take part in competitive sports outside curriculum time. We offer an extensive extra-curricular programme updated on a termly basis.</p> <p>After attending clubs, students may be selected for Academy fixtures against other schools.</p> <p>Wider Reading: <u>Sports Podcasts</u> eg. The Science of Sport Podcast <u>Amazon & Netflix Documentaries</u> eg. the All or Nothing Series, Icarus, The Last Dance etc</p>	<p>Check your son or daughters GCSE PE folder regularly.</p> <p>Support their consolidation of knowledge by purchasing the recommended revision guide for £6 from the Faculty</p> <p>Encourage your son or daughter to join at least one outside of school club, in order to regularly practice their sports outside of school and increase the opportunity of accessing higher practical grades</p>