

CURRICULUM OVERVIEW 2018-2019

SUBJECT: OCR GCSE PE (Years 10 & 11)

	AUTUMN 1		AUTUMN 2		SPRING 1		SPRING 2		SUMMER 1		SUMMER 2	
	CONTENT	SKILLS	CONTENT	SKILLS	CONTENT	SKILLS	CONTENT	SKILLS	CONTENT	SKILLS	CONTENT	SKILLS
YEAR 11 2018- 19	<u>Unit 2:</u> Commercialisation of physical activity - Media - Golden Triangle - Sponsorship & commercialisation Ethical and socio-cultural issues - Ethics - Drugs in sport - Violence	Information retrieval. Application to practical examples. Evaluate impact.	<u>Unit 2:</u> Sports psychology - Skilful movement - Skill classification - Goal setting - Mental preparation - Guidance - Feedback	Information retrieval. Application to practical examples. Evaluate impact. Data analysis.	<u>Unit 3:</u> Analysing and Evaluating Performance (AEP) Task	Analysis and evaluation of performance	<u>Unit 2:</u> Health, fitness and well-being - Physical, emotional, social Diet and nutrition - Components of a diet - Hydration	Information retrieval. Application to practical examples. Evaluate impact. Data analysis.	Revision and examination preparation External practical moderation Revision and examination preparation	Information retrieval. Application to practical examples. Evaluate impact.		
	<u>Core PE</u> Netball	Ball handling (catching on the run / in the air); passing over mid-long distance; shooting (stepping in); defensive tactics.	<u>Core PE</u> Table Tennis	Serving; return of serve; 3 rd ball topspin; block; counter topspin; tactics during match play.	<u>Core PE</u> Badminton	Serving (short, long, flick); return of serve; net shots; and backhand shots.	<u>Core PE</u> Badminton & Table Tennis	Match play (tactics and strategies).				

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	CONTENT	SKILLS	CONTENT	SKILLS	CONTENT	SKILLS	CONTENT	SKILLS	CONTENT	SKILLS	CONTENT	SKILLS
YEAR 10 2018-19	<u>Unit 1:</u> Principles of training - SPORV - Training methods - Warm up - Cool down	Information retrieval. Application to practical examples. Evaluate impact.	<u>Unit 1:</u> Prevention of injury - Ways to minimise risk - Hazards	Information retrieval. Application to practical examples.	<u>Unit 2:</u> Engagement patterns of different social groups - Current trends in participation - Factors affecting participation	Information retrieval. Application to practical examples. Evaluate impact. Data analysis.	<u>Unit 2:</u> Engagement patterns of different social groups - Strategies to improve participation	Information retrieval. Application to practical examples. Evaluate impact. Data analysis.	<u>Unit 2:</u> Commercialisation of physical activity - Media - Golden Triangle	Information retrieval. Application to practical examples. Evaluate impact.	<u>Unit 2:</u> Commercialisation of physical activity - Sponsorship & commercialisation	Information retrieval. Application to practical examples. Evaluate impact.
	<u>Core PE</u> Netball	Footwork (stopping / landing); dodging; ball handling; passing over short distance.	<u>Core PE</u> Netball	Marking (player with the ball); shooting (stationary); and rebounds.	<u>Core PE</u> Badminton	Serving (short); return of serve; forehand shots (overhead clear, drop shot).	<u>Core PE</u> Badminton	Serving (long); forehand shots (lift / underarm clear, smash, drive).	<u>Core PE</u> Table Tennis	Push (forehand, backhand); drives (forehand, backhand); serving (short, backspin); return of serve (push).	<u>Core PE</u> Table Tennis	Drives; serving (long); return of serve (push, touch, flick); forehand topspin; blocks (forehand, backhand).