



**Altwood**  
Church of England School

# Physical Curriculum Map-GCSE PE Curriculum Map

Teach – Boost – Teach – Diagnosis – Therapy - Testing

## GCSE Physical Education Breakdown

Examination = 70% Practical Assessment +  
Analyse & Evaluate Performance = 30%

### Practical Assessment

For GCSE PE, you will need to select THREE sports, with a maximum of two from either the Individual or Team category. These will be decided collaboratively and determined by skill level.

You will need to keep a competitive logbook of all the events that you do within your chosen sports. Your teacher will assess you in these sports. Any 'off-site' sports will need video evidence.

The list of available sports and more information of off-site video evidence can be found by scanning the QR Code opposite.

### Analyse & Evaluate Performance

For one of your chosen sports, you will need to create a piece of coursework to demonstrate your ability to analyse and evaluate their own performance.

Learners will need to include:

- Analyse aspects of personal performance in a practical activity.
- Evaluate the strengths and weaknesses of the performance.
- Produce an action plan which aims to improve the quality and effectiveness of the performance

Clubs are on at lunchtime and after school that **must** be attended to enhance your practical grade. There are a range from Netball, Football, Trampolining, Badminton, Hockey, Handball, Basketball, Tennis, Athletics, and Cricket.



SCAN HERE to see the OCR GCSE PE specification and the content you will cover in more detail.

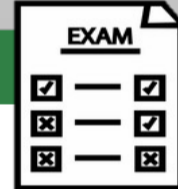


SCAN HERE to see the requirements for the Practical Criteria and the Analysing & Evaluating Performance criteria

## A Level PE

### Examination

For GCSE PE., both of which are one hour. Paper 1 covers Applied Anatomy & Physiology and Physical Training. Paper 2 covers Socio-Cultural Influences, Sports Psychology & Health, Fitness & Well-Being.



### Diet & Nutrition

Learners will develop an understanding of the main components of a balanced diet, including the effects of these components and hydration on performers.



### Sport Psychology

Learners will understand the psychological factors that can affect performers. Learners will also develop knowledge of the characteristics and classification of skillful movements, along with goal setting, guidance and feedback, and mental preparation.



YEAR  
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### Anatomy & Physiology

Learners will develop knowledge and understanding of the body systems, bones, muscles and movement planes that are important to physical activity.

### Ethical & Socio-Cultural Issues

Learners will understand the ethics in sport including sportsmanship, gamesmanship and deviance. The effects of drugs in sport and why performers take them will be understood along with reasons for player violence.



### Short/Long Term Effects of Exercise

Learners will develop knowledge of the short & long-term effects of exercise on the body systems, and how these effects can impact on physical fitness and performance.

### Health, Fitness & Well-Being

Learners will understand the benefits of participating in physical activity to health, fitness and well-being. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle.



YEAR  
10

### Physical Training

Learners will develop their knowledge and understand the components of fitness required for physical activities, how each can be measured and apply training principles to programmes.

### Commercialisation

Learners will develop an understanding of commercialisation in sport, along with the positive/negative influences of media on participation and performances in sport.

### Physical Activity & Participation

Learners will develop their knowledge and understanding of current participation trends, factors affecting participation and strategies to promote participation across a range of different groups in society.



YEAR  
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Your GCSE Physical Education Journey starts here ...