

**Physical Education Department**  
**Curriculum Overview - Year 10 GCSE**

**The Big Picture:**

Year 10 will study: The GCSE OCR 9-1 Physical Education course. The course will allow learners to study Physical Education in a theoretical and practical setting, allowing them to critically analyse and evaluate physical performance and apply their experience of practical activities in developing their knowledge and understanding of the subject.

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

**Useful Websites:**

<https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/>

<https://www.bbc.com/bitesize/examspecs/ztrcg82>

<https://revisionworld.com/gcse-revision/pe-physical-education/ocr-gcse-physical-education-pe>

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| <p>Term 1:<br/>Health, Fitness and Well-being<br/>Components of Fitness<br/>Participation in Physical Activity<br/>Principles of Training<br/>Green Task: End of Unit Assessment. End of Unit Practical Assessment<br/>Assessment Objectives covered – AO1, AO2, AO3, AO4</p> | <p>Term 4:<br/>Green Task: End of Unit Assessment. End of Unit Practical Assessment<br/>The Skeletal System<br/>The Muscular System<br/><br/>Assessment Objective Covered - AO1, AO2, AO3, AO4</p> |
| <p>Term 2:<br/>Types of Training<br/>Warm up and Cool down<br/>Injury Prevention<br/>Physical Activity and Sport in the UK<br/>Green Task: End of Unit Assessment. End of Unit Practical Assessment<br/>Assessment Objectives covered - AO1, AO2, AO3, AO4</p>                | <p>Term 5:<br/>Movement Analysis<br/>Preparation for AEP Coursework<br/>Green Task: Y10 PPE's. End of Unit Practical Assessment.<br/><br/>Assessment Objectives – AO1, AO2, AO3, AO4</p>           |
| <p>Term 3:<br/>Ethics and Sport<br/>Violence and Sport<br/>Drugs in Sport<br/>Commercialisation in Sport<br/>Green Task: End of Unit Assessment. End of Unit Practical Assessment.<br/><br/>Assessment Objectives covered — AO1, AO2, AO3, AO4</p>                            | <p>Term 6:<br/>AEP Coursework<br/>Green Task: AEP Coursework. End of Unit Practical Assessment. Practical Cross Moderation.<br/><br/>Assessment Objectives Covered - AO1, AO2, AO3, AO4</p>        |