

**Physical Education Department**  
**Curriculum Overview - Year 11 GCSE**

**The Big Picture:**

Year 11 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>

<p>Term 1: Cardiovascular System Respiratory System</p> <p>Green Task: End of Unit Assessment. Practical Assessment</p> <p>Assessment Objectives covered – AO1, AO2, AO3, AO4</p>	<p>Term 4: Examination Preparation</p> <p>Green Task: Y11 PPE's Paper 1 – Physical and Paper 2 Socio-Cultural (2<sup>nd</sup> round). Practical Assessment</p> <p>Assessment Objectives covered - AO1, AO2, AO3, AO4</p>
<p>Term 2: Aerobic and Anaerobic Exercise Short and Long Term Effects of Exercise Diet Types of Guidance Types of Feedback</p> <p>Green Task: Y11 PPE, Paper 1 – Physical and Paper 2 Socio-Cultural</p> <p>Assessment Objectives covered - AO1, AO2, AO3, AO4</p>	<p>Term 5: Examination Preparation</p> <p>Green Task: End of Unit Assessment.</p> <p>Assessment Objectives covered - AO1, AO2, AO3, AO4</p>
<p>Term 3: Characteristics of Skillfull Movement Classification of Skills The use of Goal Setting Mental Preparation Green Task: End of Term Assessment. Practical Cross Moderation</p> <p>Assessment Objectives covered - AO1, AO2, AO3, AO4</p>	<p>Term 6: <b>Examination Season</b></p>