

St Thomas More RC College Curriculum Topic Overview commencing September 2020

**Subject: GCSE PE Year Group: 10**

Week	Autumn
1	Structure and Function of the skeletal system: Location of 19 major bones
2	Structure and Function of the skeletal system: Functions of the skeleton
3*	Structure and Function of the skeletal system: Types of synovial joint
4	Structure and Function of the skeletal system: Components of a synovial joint
5	Structure and Function of the skeletal system: Movement at hinge and ball and socket joints
6*	Structure and Function of the muscular system: Location of 11 muscle groups and their roles in movement
7*	Movement analysis: Three types of lever systems
8	Movement analysis: Planes of movement and axes of rotation
9	Movement analysis: Movement analysis in a chosen sport
10	Structure and Function of the Cardiovascular system: Double circulatory system
11	Structure and Function of the Cardiovascular system: Types of blood vessels
12*	Structure and Function of the Cardiovascular system: Pathway of blood through the heart
13	Structure and Function of the Cardiovascular system: Definitions of Heart rate / stroke volume / Cardiac output & the role of red blood cells
14	Structure and Function of the Respiratory system: Pathway of air
15*	Structure and Function of the Respiratory system: the role of the respiratory muscles

Week	Spring
16	Structure and Function of the Respiratory system: Gas exchange process
17	Structure and Function of the Respiratory system: Aerobic and anaerobic exercise
18*	Effects of exercise on the body systems: Short term effects
19*	Effects of exercise on the body systems: Long term (training) effects
20	Physical Training: The 10 components of fitness and associated tests
21	Physical training: Importance the components of fitness in a chosen sport
22*	Physical Training: The principles of training SPOR
23	Physical Training: Progressive drills
24*	Physical Training: Optimising training FITT & types of training
25	Physical Training: Components of a warm and cool down and benefits of each
26	Physical Training: Planning a training programme
27*	Sports Psychology: Characteristics of skilful movement

Week	Summer
28	Sports Psychology: Skills important in a chosen sport
29	Sports Psychology: Classification of skills (Difficulty and Environmental)
30	Sports Psychology: Skill continuum application
31	Sports Psychology: Goal setting
32	Sports Psychology: Goal setting in different activities
33	Sports Psychology: Mental preparation
34	Sports Psychology: Types of feedback and guidance
35*	Physical training: Prevention of injury
36	Review of applied anatomy and physiology
37	Review of applied anatomy and physiology
38	Review of physical training
39	Review of sports psychology

**Subject: GCSE PE Year Group 11**

Week	Autumn		
1	Engagement patterns of social groups: Physical Activity and sport in the UK	NGBs <a href="https://www.youtube.com/watch?v=tXotLQRnpZU">https://www.youtube.com/watch?v=tXotLQRnpZU</a>	<a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/</a>  <b>Topic exploration pack:</b> 2.1.a Socio cultural influences – Engagement patterns of social groups
2	Engagement patterns of social groups: Participation in physical activity and sport	<a href="https://www.youtube.com/watch?v=TIOf8GK8U">https://www.youtube.com/watch?v=TIOf8GK8U</a>	<a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/</a>  <b>Topic exploration pack:</b> 2.1.a Socio cultural influences – Engagement patterns of social groups
3	Engagement patterns of social groups: Factors affecting participation	<a href="https://www.youtube.com/watch?v=YnHjsgnMtGA">https://www.youtube.com/watch?v=YnHjsgnMtGA</a>	<a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/</a>  <b>Topic exploration pack:</b> 2.1.a Socio cultural influences – Engagement patterns of social groups
4	Engagement patterns of social groups: Strategies to improve participation		<a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/</a>  <b>Topic exploration pack:</b> 2.1.a Socio cultural influences – Engagement patterns of social groups
5	Commercialisation of sport: Types of media and sponsorship and its influence on sport	<a href="https://www.youtube.com/watch?v=Ymle8aacmes">https://www.youtube.com/watch?v=Ymle8aacmes</a>	<a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/</a>  <b>Topic exploration pack:</b> 2.1.b Socio cultural influences – Commercialisation of sport and physical activity
6	Commercialisation of sport: Commercialism, sponsorship, and media (The golden triangle)	<a href="https://www.youtube.com/watch?v=s4Xn5VlSd7w">https://www.youtube.com/watch?v=s4Xn5VlSd7w</a>	<a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/</a>  <b>Topic exploration pack:</b> 2.1.b Socio cultural influences – Commercialisation of sport and physical activity
7	Commercialisation of sport: Positive and negative	<a href="https://www.youtube.com/watch?v=pqK1OEZAs-s">https://www.youtube.com/watch?v=pqK1OEZAs-s</a>	<a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/</a>  <b>Topic exploration pack:</b>

	effects of sponsorship and media on sport		2.1.b Socio cultural influences – Commercialisation of sport and physical activity
8	Ethics in sport: sportsmanship, gamesmanship and deviance		<a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/</a>  <b>Topic exploration pack:</b> 2.1.c– Socio cultural influences – Ethical and socio-cultural issues in sport
9	Ethics in sport: Drugs in sport (steroids, beta blockers and stimulants)	<a href="https://www.youtube.com/watch?v=uo3mPOSxxXM">https://www.youtube.com/watch?v=uo3mPOSxxXM</a>	<a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/</a>  <b>Topic exploration pack:</b> 2.1.c– Socio cultural influences – Ethical and socio-cultural issues in sport
10	Ethics in sport: The impact of drug use on performers and sport		<a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/</a>  <b>Topic exploration pack:</b> 2.1.c– Socio cultural influences – Ethical and socio-cultural issues in sport
11	Ethics in sport: Violence in sport	<a href="https://www.youtube.com/watch?v=BGUUoX3Py4A">https://www.youtube.com/watch?v=BGUUoX3Py4A</a>	<a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/</a>  <b>Topic exploration pack:</b> 2.1.c– Socio cultural influences – Ethical and socio-cultural issues in sport
12	Health Fitness and wellbeing: Benefits of exercise	<a href="https://www.youtube.com/watch?v=0WFH6NbTE-0">https://www.youtube.com/watch?v=0WFH6NbTE-0</a> <a href="https://www.youtube.com/watch?v=DMtvAHNqYLk">https://www.youtube.com/watch?v=DMtvAHNqYLk</a>	<a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/</a>  <b>Topic exploration pack:</b> 2.3 Socio-cultural issues and sports psychology – Health, fitness and wellbeing
13	Health Fitness and wellbeing: Consequences of a sedentary lifestyle	<a href="https://www.youtube.com/watch?v=NhsP7lhn3x8">https://www.youtube.com/watch?v=NhsP7lhn3x8</a> <a href="https://www.youtube.com/watch?v=T8suytiOSkU">https://www.youtube.com/watch?v=T8suytiOSkU</a>	<a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/</a>  <b>Topic exploration pack:</b> 2.3 Socio-cultural issues and sports psychology – Health, fitness and wellbeing
14	Health Fitness and wellbeing:	<a href="https://www.youtube.com/watch?v=6hjwWkpm4IA">https://www.youtube.com/watch?v=6hjwWkpm4IA</a>	<a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/</a>  <b>Topic exploration pack:</b>

	Diet and nutrition (balanced diet)		<a href="#">2.3 Socio-cultural issues and sports psychology</a> – Health, fitness and wellbeing
15	Health Fitness and wellbeing: Diet and nutrition	Questions: <a href="https://www.youtube.com/watch?v=c8laksZaxAY">https://www.youtube.com/watch?v=c8laksZaxAY</a>	<a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/planning-and-teaching/</a> <b>Topic exploration pack:</b> <a href="#">2.3 Socio-cultural issues and sports psychology</a> – Health, fitness and wellbeing

Week	Spring	
16	Review of engagement patterns of social groups	<a href="https://www.bbc.co.uk/bitesize/guides/zy62hv4/revision/1">https://www.bbc.co.uk/bitesize/guides/zy62hv4/revision/1</a>
17	Review of Commercialisation in sport	<a href="https://www.bbc.co.uk/bitesize/guides/zsx7tyc/revision/1">https://www.bbc.co.uk/bitesize/guides/zsx7tyc/revision/1</a>
18	Review of Ethics in sport: Drug use	<a href="https://www.bbc.co.uk/bitesize/guides/zq9r82p/revision/3">https://www.bbc.co.uk/bitesize/guides/zq9r82p/revision/3</a>
19	Examination technique: Mark like an examiner	<a href="https://www.bbc.co.uk/bitesize/guides/zqd9j6f/revision/1">https://www.bbc.co.uk/bitesize/guides/zqd9j6f/revision/1</a>
20	Examination technique: Multiple choice questions	<a href="https://www.youtube.com/watch?v=snweGUTopd8">https://www.youtube.com/watch?v=snweGUTopd8</a>
21	Examination technique: Section A short answer questions	<a href="https://www.youtube.com/watch?v=gSM4i_XhsDo">https://www.youtube.com/watch?v=gSM4i_XhsDo</a> <a href="https://www.bbc.co.uk/bitesize/guides/z3yn39q/revision/1">https://www.bbc.co.uk/bitesize/guides/z3yn39q/revision/1</a>
22	Examination technique: Practice paper	<a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/assessment/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/assessment/</a>
23	Examination technique: Answering an extended question	<a href="https://www.youtube.com/watch?v=NNj-PC0ZzIU">https://www.youtube.com/watch?v=NNj-PC0ZzIU</a>
24	Examination technique: Data analysis questions	<a href="https://www.youtube.com/watch?v=JBM88l_lghA">https://www.youtube.com/watch?v=JBM88l_lghA</a>
25	Active recall revision: Applied anatomy and Physiology	<a href="https://www.bbc.co.uk/bitesize/topics/zqjgwxs">https://www.bbc.co.uk/bitesize/topics/zqjgwxs</a> <a href="https://www.gcseperevision.co.uk/topics/applied-anatomy-physiology">https://www.gcseperevision.co.uk/topics/applied-anatomy-physiology</a>
26	Active recall revision: Applied anatomy and Physiology	<a href="https://www.bbc.co.uk/bitesize/topics/zqjgwxs">https://www.bbc.co.uk/bitesize/topics/zqjgwxs</a>
27	Active recall revision: Physical training	<a href="https://www.bbc.co.uk/bitesize/topics/zwdw82p">https://www.bbc.co.uk/bitesize/topics/zwdw82p</a>

Week	Summer	
28	Active recall revision: Sports Psychology	<a href="https://www.bbc.co.uk/bitesize/topics/z8k89qt">https://www.bbc.co.uk/bitesize/topics/z8k89qt</a>

