

Year 10 GCSE PE (OCR) – Curriculum Map 2024-2026



PRACTICAL ACTIVITIES Spring

- Football
- Netball
- Table Tennis



Unit 2.2 - Sports Psychology

- The characteristics of skilful movement.
- The difficulty and environmental continua with sporting examples.
- The characteristics of SMART goals and the importance of setting them.
- The mental preparation techniques used in sport.
- The types of guidance used in sport.
- The types of feedback used in sport.



Unit 1.2.b - The Principles of Training

- The definitions of the principles of training and how these are applied to increase fitness.
- The definitions of the elements of the FITT principle and how they can increase fitness.
- The methods of training and sporting examples of when these would be used.
- The benefits of and reasons for warming up and cooling down.



Exam Prep and revision

Mocks

Unit 2.3 - Health, Fitness and Well-being

- The definitions of health, fitness and well-being.
- The health benefits of physical activity.

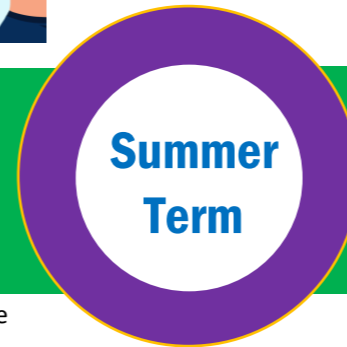
PRACTICAL ACTIVITIES SUMMER

- Tennis
- Athletics



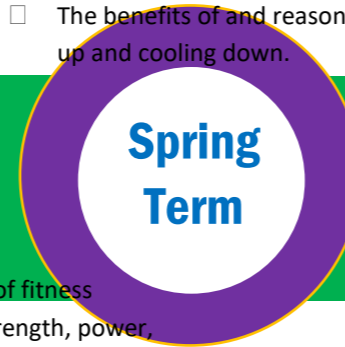
Unit 1.2.c - Preventing Injury In Physical Activity and Training

- The ways to prevent injury in physical activity and sport.
- The potential hazards in a range of physical activity and sport settings.



Unit 2.1.c - Ethical and Socio-Cultural Issues in Physical Activity and Sport

- The definitions and examples of sportsmanship, gamesmanship and deviance.
- The effect of performance enhancing drugs (anabolic steroids, beta blockers and stimulants) on performance.
- The side effects of performance enhancing drugs on the performer.
- The reasons for player violence in sport.



Unit 1.2.a - The Components of Fitness

- The definitions and sporting examples of the components of fitness (muscular endurance, cardiovascular endurance, speed, strength, power, flexibility, agility, balance, co-ordination and reaction time).
- The fitness tests for the components of fitness.



Unit 2.1.a - Engagement Patterns of Different Social Groups in Physical Activity and Sport

- The 14 factors that can affect participation in sport.
- The strategies that can be used to improve participation.



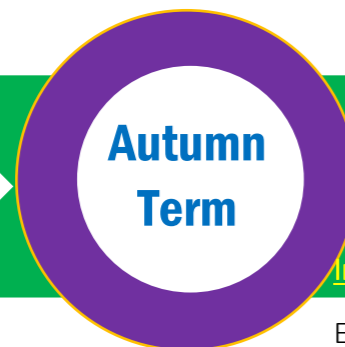
Unit 2.1.b - Commercialisation of Physical Activity and Sport

- The different types of media.
- The meaning of commercialisation including the golden triangle (sport, sponsorship and the media).



PRACTICAL ACTIVITIES Autumn

- Badminton
- Handball
- Basketball



Introduction to GCSE PE

Expectations of the Course. Discuss C/W and practical elements

Unit 1.1.a - The Structure and Function of the Skeletal System

- The location of the 19 major bones in the body.
- The functions of the skeleton.
- The location of the hinge and ball and socket joints in the body.
- The types of movements possible at the joints of the body.
- The roles of ligaments, cartilage and tendons.

Unit 1.1.b - The Structure and Function of the Muscular System

- The location of the 11 major muscles in the body.
- The muscles that contract to create movement at each joint.
- The definitions and roles of the agonist, antagonist and fixator in an antagonistic muscle action.





Year 11 GCSE PE (OCR) – Curriculum Map

Your new journey begins...



EXAMS



PRACTICAL ACTIVITIES SUMMER

Filming of chosen sports, typically:

- Tennis
- Athletics

PRACTICAL MODERATION



PRACTICAL ACTIVITIES Spring

Filming of chosen sports, typically:

- Football
- Netball
- Table Tennis



REVISION CONT.

Covering: 2.1a, 2.1b, 2.1c, 2.2, 2,3 Tailored to the needs of the pupils

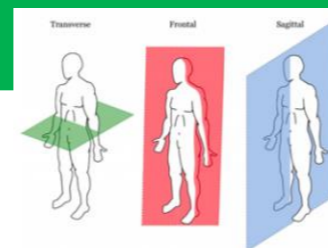
Summer Term

REVISION

Covering 1.1a, 1.1b, 1.1c, 1.1d, 1.1e, 1.2a, 1.2b, 1.2c Tailored to the needs of the pupils.

Unit 1.1.c - Movement Analysis

- The three types of lever in the body and sporting examples of when they are used.
- The three planes of movement in the body.
- The three axes of rotation in the body.



Spring Term

REVISION

Covering: 2.1a, 2.1b, 2.1c

2.2, 2,3

Tailored to the needs of the pupils

AEP COURSEWORK

- For the purpose of assessment, learners are required to demonstrate their ability to analyse and evaluate their own practical performance or that of a peer in order to:

- 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.



Unit 1.1.e - The Effects of Exercise on the Body Systems

- The short term effects of exercise on the muscular system.
- The short term effects of exercise on the cardiovascular system.
- The short term effects of exercise on the respiratory system.
- The long term effects of exercise on the muscular system.
- The long term effects of exercise on the cardiovascular system.
- The long term effects of exercise on the respiratory system.
- The long term effects of exercise on the skeletal system.



PRACTICAL ACTIVITIES Autumn

Filming of chosen sports, typically:

- Badminton
- Handball
- Basketball



Unit 1.1.d - The Cardiovascular and Respiratory Systems

- The three types of blood vessel.
- The pathway of blood through the heart.
- The definitions of heart rate, stroke volume, cardiac output, breathing rate, tidal volume and minute ventilation.
- The role of red blood cells.
- The process of gaseous exchange and the role of alveoli.



Your GCSE PE Journey continues here...