

Physical Education Curriculum 2021/22

Exam courses

| Year | Exam Board & Specification | Half Term 1 - Early Autumn (AWA) | Half Term 2 - Late Autumn (AWB) | Half Term 3 - Early Spring (AWC) | Half Term 4 - Late Spring (AWD) | Half Term 5 - Early Summer (AWE) | Half Term 6 - Late Summer (AWF) |
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| Year 10 | GCSE PE (OCR) | <u>1.1 Applied Anatomy and Physiology</u> <u>1.2 Physical Training</u> | <u>2.1 Socio-Cultural Influences</u> | <u>2.2 Sports Psychology</u> AEP (NEA) | <u>2.3 Health, Fitness & Well-Being</u> AEP (NEA) | <u>RECAP</u> <u>1.1 Applied Anatomy and Physiology</u> <u>1.2 Physical Training</u> | <u>3.0 Performance in Physical Education</u> AEP (NEA) |
| Year 10 | L2 Vocational - Cambridge National Sports Science (OCR) | <u>R042 - Applying Principles of Training.</u> LO1 –principles of training in a sporting context LO2 –training methods fitness components | <u>R042 - Applying Principles of Training.</u> LO1 –principles of training in a sporting context LO2 –training methods fitness components LO3 –Conducting and leading fitness tests | <u>R042 - Applying Principles of Training.</u> LO1 –principles of training in a sporting context LO2 –training methods fitness components LO4 –Developing fitness training programmes | <u>R045 - Sports Nutrition</u> LO1 –Nutrition and diet for a healthy active lifestyle. LO2 –The importance of nutrition in sport | <u>R045 - Sports Nutrition</u> LO1 –Nutrition and diet for a healthy active lifestyle. LO2 –The importance of nutrition in sport LO3 –The effects of a poor diet on health , sports performance and participation | <u>R045 - Sports Nutrition</u> LO1 –Nutrition and diet for a healthy active lifestyle. LO2 –The importance of nutrition in sport LO4 –Develop nutrition and diet plans for performers in sport |

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| Year 11 | GCSE PE (OCR) | <u>1.1 Applied Anatomy and Physiology</u> <u>1.2 Physical Training</u> | <u>2.1 Socio-Cultural Influences</u> <u>2.2 Sports Psychology</u> <u>2.3 Health, Fitness & Well-Being</u> <u>3.0 Performance in Physical Education</u> AEP (NEA) | <u>1.1 Applied Anatomy and Physiology</u> <u>1.2 Physical Training</u> Exam Preparation <u>3.0 Performance in Physical Education</u> AEP (NEA) | <u>2.1 Socio-Cultural Influences</u> <u>2.2 Sports Psychology</u> <u>2.3 Health, Fitness & Well-Being</u> <u>3.0 Performance in Physical Education</u> Practical Assessment | <u>1.1 Applied Anatomy and Physiology</u> <u>1.2 Physical Training</u> <u>2.1 Socio-Cultural Influences</u> <u>2.2 Sports Psychology</u> <u>2.3 Health, Fitness & Well-Being</u> Exam Preparation | N/A |
| Year 11 | L2 Vocational - Cambridge National Sports Science (OCR) | <u>RO45 Sports Nutrition</u> <u>LO1</u> balanced diet and create a plan for an athlete <u>LO2</u> Importance of nutrients <u>LO3</u> Effects of a poor diet <u>LO4</u> Create a diet plan | <u>RO43 – The body’s response to physical activity</u> <u>LO1</u> Major bones Skeletal muscles Synovial joints Cardiovascular system <u>LO2</u> Understand the importance of the Musculo-skeletal and cardio-respiratory systems in health and fitness | <u>RO43 – The body’s response to physical activity</u> <u>LO3:</u> Be able to assess the short-term effects of physical activity on the Musculo-skeletal and cardio-respiratory systems <u>LO4:</u> Be able to assess the long-term effects of physical activity on the Musculo-skeletal and cardio-respiratory systems | <u>RO41: Reducing the risk of sports injuries</u> <u>LO1</u> Extrinsic factors that can influence the risk of injury <u>LO2</u> The physical and psychological benefits of a warm up. | <u>RO41: Reducing the risk of sports injuries</u> <u>Recap LO1/LO2</u> <u>LO3</u> Acute and chronic injuries. Types, causes and treatment of common sports injuries | N/A |

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| | | <u>Unit 3: Professional Development in the Sports Industry</u> | <u>Unit 3: Professional Development in the Sports Industry</u> | <u>Unit 3: Professional Development in the Sports Industry</u> <u>Exam Unit 2</u> | <u>Unit 3: Professional Development in the Sports Industry</u> | <u>Unit 3: Professional Development in the Sports Industry</u> | <u>Unit 3: Professional Development in the Sports Industry</u> <u>Resit Unit 2</u> |
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