**N USA**





**GCSE PE scheme of work**

**OCR 2016 Specification**

***Component 01:* The Physical Factors Affecting Performance**

**&**

***Component 02:* Socio- Cultural Issues and Sports Psychology**

Table 1: The table outlines the scheme of work for designed for the OCR 2018 1-9 GCSE Physical Education specification beginning in year 10.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week number** | **1.1 Applied Anatomy and Physiology &**  **2.1 Socio- cultural influences** | **Interleaving**  **Topic** | **Homework** | **Whole School Calendar** |
| **1** | **Welcome back and expectations of each student.**  **Catch up on previous topics** |  |  |  |
| **2** | **Catch up on previous topics** |  |  |  |
| **3** | **Topic 1.2. Physical training.**  **Topic 1.2.a: Components of fitness.**   * **Components of fitness** | **Location of major bones** |  |  |
| **4** | **Components of fitness** | **Location of major bones** |  |  |
| **5** | **Components of fitness** | **Function of the skeleton** | **Complete relevant exam questions in ‘GCSE PE Bible’ and x1 P.E.A paragraph.** |  |
| **6** | **Components of fitness** | **Function of the skeleton** |  |  |
| **7** | **Components of fitness** | **Types of synovial joint** | **Complete relevant exam questions in ‘GCSE PE Bible’ and x1 P.E.A paragraph.** |  |
| **8** | **Components of fitness**   * **How to structure a P.E.A paragraph** | **Types of synovial joint** |  |  |
| **October half term** | | | | |
| **1** | **Topic 1.2.b: Applying the principles of training.**   * **Principles of training** | **Other components of joints** |  | **10 PC.1** |
| **2** | **Principles of training** | **Other components of joints** | **Complete relevant exam questions in ‘GCSE PE Bible’ and x1 P.E.A paragraph.** |  |
| **3** | **Optimising training** | **Location of major muscle groups** |  |  |
| **4** | **Optimising training** | **Location of major muscle groups** | **Complete relevant exam questions in ‘GCSE PE Bible’ and x1 P.E.A paragraph.** | **Parents evening** |
| **5** | **Optimising training** | **The roles of muscle in movement** |  |  |
| **6** | **Optimising training**   * **How to structure a P.E.A paragraph** | **The roles of muscle in movement** | **Christmas half term: Complete relevant exam questions in ‘GCSE PE Bible’.**   * **HA- Complete x4 P.E.A paragraphs** * **MA- Complete x2 P.E.A paragraphs** * **LA- Complete x1 P.E.A paragraph.** | **A Christmas Carol English Performance PM** |
| **Christmas holidays** | | | | |
| **1** | **Topic 1.3.c: Preventing injury in physical activity and training.**   * **Prevention of injury** | **The roles of muscle in movement** |  |  |
| **2** | **Prevention of injury** | **Lever systems** | **Revision** | **Finance Education Exam** |
| **3** | **Revision** | **Lever systems** | **Revision** | **Big Bang event** |
| **4** | **Revision**  **\*\*End of unit assessment FULL PAPER 01** |  | **Follow up tasks** | **Exams** |
| **5** | **Section 02: Content of Socio- cultural issues and sports psychology**  **2.1 Socio- cultural influences**  **Topic 2.2.a: Engagement patterns of different social groups in physical activities and sports.**   * **Physical activity and sport in the UK** | **Planes of movement and axes of rotation** |  |  |
| **6** | **Physical activity and sport in the UK** | **Planes of movement and axes of rotation** | **Complete relevant exam questions in ‘GCSE PE Bible’ and x2 P.E.A paragraphs.** | **10 PC.2** |
| **February half term** | | | | |
| **1** | **Participation in physical activity and sport** | **Planes of movement and axes of rotation** |  |  |
| **2** | **Participation in physical activity and sport** | **Structure and Function of the Cardiovascular System** |  |  |
| **3** | **Topic 2.1.b: Commercialisation of physical activity and sport.**   * **Commercialisation of sport** | **Structure and Function of the Cardiovascular System** |  |  |
| **4** | **Commercialisation of sport** | **Structure and Function of the Cardiovascular System** | **Complete relevant exam questions in ‘GCSE PE Bible on areas of weaknesses based upon mock paper.**   * **HA- Complete x4 P.E.A paragraphs** * **MA- Complete x2 P.E.A paragraphs** * **LA- Complete x1 P.E.A paragraph.** |  |
| **5** | **Topic 2.1.c: Ethical and socio- cultural issues in physical activity and sport.**   * **Ethics in sport** | **Structure and Function of the Respiratory System** |  | **Maths Feast- UoN PM**  **Media Trip to UoN** |
| **6** | **Ethics in sport** | **Structure and Function of the Respiratory System** | **Complete relevant exam questions in ‘GCSE PE Bible’ and x2 P.E.A paragraphs.** |  |
| **Easter half term** | | | | |
| **1** | **Drugs in sport** | **Structure and Function of the Respiratory System** |  |  |
| **1** | **Drugs in sport** | **Aerobic and anaerobic exercise** |  |  |
| **2** | **Violence in sport** | **Aerobic and anaerobic exercise** |  |  |
| **3** | **Violence in sport** | **Short term effects of exercise** | **Revision** |  |
| **4** | **Revision**  **\*\*End of unit assessment** |  |  |  |
| **5** | **Exam feedback and follow up tasks** | **Short term effects of exercise** | **Follow up tasks** |  |
| **Half term** | | | | |
| **1** | **2.2 Sports psychology**   * **Characteristics of skilful movement** | **Short term effects of exercise** |  |  |
| **2** | **Characteristics of skilful movement** | **Long term effects of exercise** |  | **Work Experience** |
| **3** | **Characteristics of skilful movement** | **Long term effects of exercise** | **Complete relevant exam questions in ‘GCSE PE Bible’ and x2 P.E.A paragraphs.** |  |
| **4** | **Classification of skills** | **Long term effects of exercise** |  |  |
| **5** | **Classification of skills** | **Area of specific weakness** | **Complete relevant exam questions in ‘GCSE PE Bible’ and x2 P.E.A paragraphs.** | **Exams** |
| **6** | **Classification of skills** | **Area of specific weakness** |  | **Exams** |
| **7** | **Activities Week** | | | |
| **8** | **Monday- Assemblies**  **Tuesday- INSET DAY** | | | |
| **End of school year!!!** | | | | |