**NUSA**





**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 9.

|  |  |  |  |
| --- | --- | --- | --- |
| **Week number** | **1.1 Applied Anatomy and Physiology** | **Homework** | **Whole School Calendar** |
| **1** | **Course introduction and expectations of each student**   * **Literacy project: Identify, Describe and Explain** |  |  |
| **2** | **Course introduction and expectations of each student**   * **Literacy project: Identify, Describe and Explain** |  |  |
| **3** | **Topic 1.1.a: The Structure and Function of the Skeletal System.**   * **Location of major bones** |  |  |
| **4** | **Location of major bones** | **Complete relevant exam questions in ‘GCSE PE Bible’.** |  |
| **5** | **Function of the skeleton** |  | **Keep Up**  **PD: Kids Having Kids** |
| **6** | **Function of the skeleton** | **Complete relevant exam questions in ‘GCSE PE Bible’.** |  |
| **7** | **Types of synovial joint** |  |  |
| **8** | **Types of synovial joint** | **October half term: Complete relevant exam questions in ‘GCSE PE Bible’.** |  |
| **October half term** | | | |
| **1** | **Other components of joints** |  |  |
| **2** | **Other components of joints** | **Complete relevant exam questions in ‘GCSE PE Bible’.** | **9PC1** |
| **3** | **Topic 1.1.b: The Structure and Function of the Muscular System.**   * **Location of major muscle groups** |  |  |
| **4** | **Location of major muscle groups** | **Complete relevant exam questions in ‘GCSE PE Bible’.** |  |
| **5** | **The roles of muscle in movement** |  | **Parents Evening** |
| **6** | **The roles of muscle in movement** |  |  |
| **Christmas holidays** | | | |
| **1** | **The roles of muscle in movement** | **Christmas half term: Complete relevant exam questions in ‘GCSE PE Bible’.** |  |
| **2** | **Topic 1.1.c: Movement analysis.**   * **Lever systems** |  |  |
| **3** | **Lever systems** |  | **PD SRE drop down day** |
| **4** | **Lever systems** | **Complete relevant exam questions in ‘GCSE PE Bible’.** |  |
| **5** | **Planes of movement and axes of rotation** | **Revision** |  |
| **6** | **Planes of movement and axes of rotation** | **February half term: Complete relevant exam questions in ‘GCSE PE Bible’.** |  |
| **February half term** | | | |
| **1** | **Planes of movement and axes of rotation** | **Revision** |  |
| **2** | **Revision: Strategies and how to revise.**  **\*\*End of unit assessment** | **Revision** |  |
| **3** | **Exam feedback and follow up tasks** | **Follow up tasks** |  |
| **4** | **Topic 1.1.d: The Cardiovascular and Respiratory System.**   * **Structure and Function of the Cardiovascular System** * **GCSE PE Bible doc.** |  | **Exams** |
| **5** | **Structure and Function of the Cardiovascular System** | **Complete relevant exam questions in ‘GCSE PE Bible’.** | **Exams** |
| **6** | **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.** |  |
| **Easter half term** | | | |
| **1** | **Structure and Function of the Cardiovascular System**  **How to structure a P.E.A paragraph** |  | **PC.2** |
| **2** | **Structure and Function of the Respiratory System** |  |  |
| **3** | **Structure and Function of the Respiratory System** |  |  |
| **4** | **Structure and Function of the Respiratory System** | **Complete relevant exam questions in ‘GCSE PE Bible’.** |  |
| **5** | **Aerobic and anaerobic exercise** |  |  |
| **Half term** | | | |
| **1** | **Aerobic and anaerobic exercise**   * **How to structure a P.E.A paragraph** | **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.** |  |
| **2** | **Revision: Strategies and how to revise.**  **\*\*End of unit assessment** | **Revision** |  |
| **3** | **Exam feedback and follow up tasks** | **Follow up tasks** |  |
| **4** | **Topic 1.1.e: Effects of exercise on body systems.**  **Short term effects of exercise** |  | **PD Prison Me No Way!** |
| **5** | **Short term effects of exercise** | **Complete relevant exam questions in ‘GCSE PE Bible’.** |  |
| **6** | **Long term effects of exercise** |  | **Disco** |
| **7** | **Activities Week** | | |
| **8** | **Monday- Assemblies**  **Tuesday- INSET DAY** | | |
| **End of school year!!!** | | | |