

Key Stage 4 Long Term Planning

Year 10 2023-2024 and future years

SYLLABUS: J587 OCR GCSE (1-9) PE

Curriculum Area: GCSE PE

Year 10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Syllabus	J587/01 Physical	J587/01 Physical	J587/01 Physical	J587/01 Physical	J587/01 Physical	J587/02 Socio-cultural
	factors affecting	factors affecting	factors affecting	factors affecting	factors affecting	issues and sports
	performance.	performance.	performance.	performance.	performance.	psychology.
	periormanee.	performance.	periormanee.	performance.	performance.	psychology.
	Applied anatomy and	Applied anatomy and	Applied anatomy and			Sports psychology
	physiology	physiology	physiology	Physical training	Physical training	
Knowledge	1.1.a Location of major bones	1.1.c Lever systems &	1.1.d Aerobic and	1.1.e Long-term effects of	1.2.b Training principles	2.2 Characteristics of skillful
· ·	1.1.a Functions/synovial joint	Planes and axes	anaerobic exercise	exercise	1.2.b Optimising training	movement
	1.1.a Types of movement	1.1.b Movement Analysis	1.1.e Short-term effects of	1.2.a Comp of fitness	1.2.b Warm up & Cool down	2.2 Classification of skill
	1.1.a Other components of	1.1.d Cardiovascular	exercise		1.2.c Prevention of injury	2.2 Goal setting
	joints	system				2.2 Mental preparation
	1.1.b Location of major	1.1.d Respiratory system				2.2 Types of feedback
	muscle groups					
	1.1.b The roles of muscle in					
	movement					
Skills	NEA: Individual and team	NEA: Individual and team	NEA: Individual and team	NEA: Individual and team	NEA: Individual and team	NEA: Individual and team sport
	sport skills in isolation and	sport skills in isolation and	sport skills in isolation and	sport skills in isolation and	sport skills in isolation and	skills in isolation and
	competition.	competition.	competition.	competition.	competition.	competition.
	Analysing movement,	AEP: Analysing own	AEP: Taking	AEP: Fitness testing,	AEP: Fitness testing,	AEP: Fitness testing, collecting
	calculating load loads via	performance. Analysing	measurements. Presenting	collecting data, verifying	collecting data, verifying	data, verifying data, analysis
	levers.	movement.	data. Tracking progress.	data, analysis skills.	data, analysis skills. Meeting deadlines	skills. Meeting deadlines.
	How to answer exam	How to answer exam		How to answer exam		
	questions.	questions. Exam technique		questions. Exam technique		
		for 6-mark questions.		for 6-mark questions.		
Connections to	KS3 & KS4 team and individual	KS3 & KS4 team and individual	KS3 Fitness: Knowledge of	KS3 evaluative skills, peer and	KS3 Fitness: Knowledge of	KS3 evaluative skills, peer and self-
previous learning	sports: Table tennis, Badminton, Football, Netball & Basketball.	sports: Table tennis, Badminton, Football, Netball	effects of exercise on heart	self-assessment, performance	training methods.	assessment, performance analysis -Thinking ME.
	FOOTBAII, NETBAII & BASKETDAII.	& Basketball.	rate and breathing rate.	analysis –Thinking ME.		- Hilliking IVIE.
	KS3 & KS4 Officiating, rules and	a sustantin				
	regulations, social skills e.g	KS3 & KS4 Officiating, rules				
	communication, leadership.	and regulations, social skills				
	KS3 Basic bones and muscles.	e.g communication, leadership.				
	NOO BASIC DOTIES ATTO THUSCIES.	ieauersnip.				



Assessment	AEP: Continued coursework	Unit 1.1abc Test – MOCK Exam questions.	AEP: Continued coursework	Mock exam – past paper	AEP: Continued coursework	Mock exam – past paper
				AEP: Continued coursework		AEP: Completed coursework
		AEP: Continued coursework				
Homework	NEA: Attendance at	NEA: Attendance at	NEA: Attendance at	NEA: Attendance at	NEA: Attendance at	NEA: Attendance at
	extracurricular sports clubs	extracurricular sports	extracurricular sports clubs	extracurricular sports clubs	extracurricular sports clubs	extracurricular sports clubs
	within school or at club level.	clubs within school or at	within school or at club	within school or at club	within school or at club	within school or at club level.
	Competition log.	club level. Competition	level. Competition log.	level. Competition log.	level. Competition log.	Competition log.
	There is a second file and a second file	log.	Th	There is a second file and a second	The second secon	There is a second file and a second
	Three pieces of homework:	Three pieces of	Three pieces of homework: Past exam	Three pieces of homework:	Three pieces of homework:	Three pieces of homework:
	Past exam questions	Three pieces of homework: Past exam	questions	Past exam questions	Past exam questions	Past exam questions
		questions	questions	AEP: Coursework task –		AEP: Coursework task –
		questions		short term effects of		explain a skill.
		AEP: Coursework task –		exercise.		
		analyse a joint.				
Cultural	Weekly extra-curricular	Weekly extra-curricular	Weekly extra-curricular	Weekly extra-curricular	Weekly extra-curricular	Weekly extra-curricular
enrichment	opportunity to practice	opportunity to practice	opportunity to practice	opportunity to practice	opportunity to practice	opportunity to practice sports
including Trips,	sports skills at sports clubs at	sports skills at sports clubs	sports skills at sports clubs	sports skills at sports clubs	sports skills at sports clubs	skills at sports clubs at lunch
Visits,	lunch time and after school	at lunch time and after	at lunch time and after school.	at lunch time and after school	at lunch time and after school	time and after school
Experiences, Extra- curricular	(e.g Netball, Basketball, Football, Badminton, Table	school (e.g Netball, Basketball, Football,	SCHOOL.	SCHOOL	SCHOOL	
curricular	Tennis).	Badminton, Table Tennis).				
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Literacy	Sport specific vocabulary,	Sport specific vocabulary,	Sport specific vocabulary,	Sport specific vocabulary,	Sport specific vocabulary,	Sport specific vocabulary,
	reading of learning objectives	reading of learning	reading of learning	reading of learning	reading of learning	reading of learning objectives
	and outcomes, reading of skill	objectives and outcomes,	objectives and outcomes,	objectives and outcomes,	objectives and outcomes,	and outcomes, reading of skill
	progressions, technique	reading of skill	reading of skill	reading of skill progressions,	reading of skill progressions,	progressions, technique cards,
	cards, rules and regulations, assessment criteria and	progressions, technique cards, rules and	progressions, technique cards, rules and	technique cards, rules and regulations, assessment	technique cards, rules and regulations, safety	rules and regulations, safety procedure, assessment criteria
	feedback.	regulations, assessment	regulations, assessment	criteria and feedback.	procedure, assessment	and feedback.
	Verbal & written feedback	criteria and feedback.	criteria and feedback.	Verbal & written feedback	criteria and feedback.	Verbal & written feedback
	given.	Verbal & written feedback	Verbal & written feedback	given.	Verbal & written feedback	given.
	Working in	given.	given.	Written evaluative work	given.	Working in teams/groups/pairs
	teams/groups/pairs	Working in	Written work within	within assignments.	Working in	developing communication
	developing communication	teams/groups/pairs	assignments.	Communication skills	teams/groups/pairs	skills, leadership and peer
	skills, leadership and peer	developing	Communication skills	developed within coaching	developing communication	coaching/assessment.
	coaching/assessment.	communication skills,	developed within coaching	and leadership roles.	skills, leadership and peer	Written work within
	Answering exam questions.	leadership and peer	and leadership roles.	Answering exam questions.	coaching/assessment.	assignments. Answering exam
		coaching/assessment. Answering exam	Answering exam		Written work within assignments. Answering	questions.
		questions.	questions.		exam questions.	
		questions.			exam questions.	



Numeracy	Key numeric skills practiced and utilized within scoring systems when umpiring; constructing league tables and fixtures. AEP: Analysing movement, calculating load loads via levers.	Calculating breath rate and hear rates. AEP: Analysing movement, calculating load loads via levers.	Time management within exams. AEP: Recording data, comparing to normative data.	AEP: Recording data, comparing to normative data. Timing, measuring within fitness tests.	AEP: Time management & distribution. Segmenting and planning	Time management within exams.
CIAG		The role of a sports analyst.			Jobs roles in the industry.	



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Year 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
Syllabus					
Knowledge					
Skills					
Connections to previous learning					
Assessment					
Homework					
Cultural enrichment including Trips, Visits, Experiences, Extra- curricular					



Literacy			
Numeracy			
CIAG			