

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

# MOOR PARK HIGH SCHOOL: CURRICULUM

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

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

## Key Stage 4 Long Term Planning

Year 11 2024-2025 and future years

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Curriculum Area: GCSE PE

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					

# MOOR PARK HIGH SCHOOL: CURRICULUM

Literacy					
Numeracy					
CIAG					