

Key Stage 4 Long Term Planning

Year 10

SYLLABUS: J587 OCR GCSE (1-9) PE

Curriculum Area: GCSE PE

Year 9/10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Syllabus	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. Applied anatomy and physiology	J587/01 Physical factors affecting performance. Physical training	J587/01 Physical factors affecting performance. Physical training
Knowledge	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	1.1.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
Skills	NEA: Individual and team sport skills in isolation and competition. Analysing movement, calculating loads via levers. How to answer exam questions.	NEA: Individual and team sport skills in isolation and competition. AEP: Section 5 - Analysing movement. How to answer exam questions. Exam technique for 6-mark questions.	NEA: Individual and team sport skills in isolation and competition. AEP: Section 1- Taking measurements. Presenting data. Tracking progress.	NEA: Individual and team sport skills in isolation and competition. AEP: Section 1 -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: Section 2 - Analyzing components of fitness. Meeting deadlines	NEA: Individual and team sport skills in isolation and competition. AEP: Section 2 - Analyzing components of fitness. Meeting deadlines

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Connections to previous learning	<p>KS3 & KS4 team and individual sports: Table tennis, Badminton, Football, Netball & Basketball.</p> <p>KS3 & KS4 Officiating, rules and regulations, social skills e.g communication, leadership.</p> <p>KS3 Basic bones and muscles.</p>	<p>KS3 & KS4 team and individual sports: Table tennis, Badminton, Football, Netball & Basketball.</p> <p>KS3 & KS4 Officiating, rules and regulations, social skills e.g communication, leadership.</p>	<p>KS3 Fitness: Knowledge of effects of exercise on heart rate and breathing rate.</p>	<p>KS3 evaluative skills, peer and self-assessment, performance analysis –Thinking ME.</p>	<p>KS3 Fitness: Knowledge of training methods.</p>	<p>KS3 Fitness: Knowledge of training methods.</p>
Assessment	<p>AEP: Continued coursework</p>	<p>Unit 1.1abc Test – MOCK Exam questions.</p> <p>AEP: Continued coursework – Section 5</p>	<p>AEP: Continued coursework</p> <p>Unit 1.1de Test – Exam questions.</p>	<p>AEP: Continued coursework. Section 1.</p> <p>EOY Mock Paper 1.</p>	<p>AEP: Continued coursework – Section 2</p>	<p>AEP: Continued coursework – Section 2</p>
Homework	<p>NEA: Attendance at extracurricular sports clubs within school or at club level. Competition log.</p> <p>Three pieces of homework: Past exam questions</p>	<p>NEA: Attendance at extracurricular sports clubs within school or at club level. Competition log.</p> <p>Three pieces of homework: Past exam questions</p> <p>AEP: Coursework task – Section 5: analyse a joint.</p>	<p>NEA: Attendance at extracurricular sports clubs within school or at club level. Competition log.</p> <p>Three pieces of homework: Past exam questions</p>	<p>NEA: Attendance at extracurricular sports clubs within school or at club level. Competition log.</p> <p>Three pieces of homework: Past exam questions</p> <p>AEP: Coursework task – Section 1 & 2: Components of fitness.</p>	<p>NEA: Attendance at extracurricular sports clubs within school or at club level. Competition log.</p> <p>Three pieces of homework: Past exam questions</p>	<p>NEA: Attendance at extracurricular sports clubs within school or at club level. Competition log.</p> <p>Three pieces of homework: Past exam questions</p>
Cultural enrichment including Trips, Visits, Experiences, Extra-curricular	<p>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).</p>	<p>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).</p>	<p>Weekly extra-curricular opportunity to practice sports skills at sports clubs at lunch time and after school.</p>	<p>Weekly extra-curricular opportunity to practice sports skills at sports clubs at lunch time and after school</p>	<p>Weekly extra-curricular opportunity to practice sports skills at sports clubs at lunch time and after school</p>	<p>Weekly extra-curricular opportunity to practice sports skills at sports clubs at lunch time and after school</p>
Literacy	<p>Sport specific vocabulary, reading of learning objectives and outcomes, reading of skill progressions, technique cards, rules and regulations, assessment criteria and feedback.</p> <p>Verbal & written feedback given.</p> <p>Working in</p>	<p>Sport specific vocabulary, reading of learning objectives and outcomes, reading of skill progressions, technique cards, rules and regulations, assessment criteria and feedback.</p> <p>Verbal & written feedback given.</p>	<p>Sport specific vocabulary, reading of learning objectives and outcomes, reading of skill progressions, technique cards, rules and regulations, assessment criteria and feedback.</p> <p>Verbal & written feedback given.</p>	<p>Sport specific vocabulary, reading of learning objectives and outcomes, reading of skill progressions, technique cards, rules and regulations, assessment criteria and feedback.</p> <p>Verbal & written feedback given.</p> <p>Written evaluative work</p>	<p>Sport specific vocabulary, reading of learning objectives and outcomes, reading of skill progressions, technique cards, rules and regulations, safety procedure, assessment criteria and feedback.</p> <p>Verbal & written feedback given.</p>	<p>Sport specific vocabulary, reading of learning objectives and outcomes, reading of skill progressions, technique cards, rules and regulations, safety procedure, assessment criteria and feedback.</p> <p>Verbal & written feedback given.</p> <p>Working in teams/groups/pairs</p>

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	teams/groups/pairs developing communication skills, leadership and peer coaching/assessment. Answering exam questions.	Working in teams/groups/pairs developing communication skills, leadership and peer coaching/assessment. Answering exam questions.	Written work within assignments. Communication skills developed within coaching and leadership roles. Answering exam questions.	within assignments. Communication skills developed within coaching and leadership roles. Answering exam questions.	Working in teams/groups/pairs developing communication skills, leadership and peer coaching/assessment. Written work within assignments. Answering exam questions.	developing communication skills, leadership and peer coaching/assessment. Written work within assignments. Answering 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	AEP: Time management & distribution. Segmenting and planning
CIAG		The role of a sports analyst.			Jobs roles in the industry.	

Key Stage 4 Long Term Planning

Year 11

SYLLABUS: J587 OCR GCSE (1-9) PE

Curriculum Area: GCSE PE

Year 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
Syllabus	J587/02 Socio-cultural issues and sports psychology. Sports psychology	J587/02 Socio-cultural issues and sports psychology. Socio-cultural influences	J587/02 Socio-cultural issues and sports psychology. Health, fitness and well-being.	J587/02 Socio-cultural issues and sports psychology. Health, fitness and well-being.	OCR GCSE PE (1-9) paper 1 & 2 Revision.
Knowledge	2.2 Characteristics of skillful movement 2.2 Classification of skill 2.2 Goal setting 2.2 Mental preparation 2.2 Types of feedback	2.1.a Physical activity 2.1.a Participation 2.1.b Commercialisation 2.1.c Ethics in sport 2.1.c Drugs in sport 2.1.c Violence in sport	2.3 Health, fitness and well-being AEP: Section 6: Planning a training program	2.3 Diet and nutrition NEA: Individual and team sport skills preparation for moderation.	Revisit and consolidate exam topic
Skills	NEA: Individual and team sport skills in isolation and competition. AEP: Section 4 – Analyzing skill. Meeting deadlines.	NEA: Individual and team sport skills in isolation and competition. AEP: Section 5 - Classifying skills, applying to sports. Meeting deadlines. How to answer exam questions. Exam technique for 6-mark questions.	NEA: Individual and team sport skills in isolation and competition. AEP: Section 6: Planning a training program, progression, specificity, overload.	NEA: Individual and team sport skills in isolation and competition	Revision techniques. Exam technique – time management, planning, extended answers.
Connections to previous learning	KS3 evaluative skills, peer and self-assessment, performance analysis – Thinking ME.	KS3/4 Social skills- sportsmanship, morals and sporting values.	Y10 Spring 1 Physical training. KS3/4 Core health and fitness.	NEA: individual and team sports Y10&11. KS3/4 Core health and fitness.	Y10/11 GCSE PE exam technique. Answering 6-mark questions.
Assessment	End of Unit 2.2 Test AEP: Completed coursework – Section 3 & 4.	End of Unit 2.1c Test Paper 2 MOCK – Past paper. AEP: Completed coursework – Section 4 & 5.	AEP: Completed coursework – Section 6. Mock Practical Moderation at cluster school. AEP: Completed coursework – Section 6.	Live Practical Moderation at cluster school. Paper 1 & 2 Mock	Exam: 2 x 60 minute. Paper 1 & Paper 2

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Homework	<p>NEA: Attendance at extracurricular sports clubs within school or at club level. Competition log.</p> <p>Three pieces of homework: Past exam questions</p> <p>AEP: Coursework task – explain a skill.</p>	<p>NEA: Attendance at extracurricular sports clubs within school or at club level. Competition log.</p> <p>Three pieces of homework: Past exam questions</p> <p>AEP: Coursework task – Plan a session.</p>	<p>NEA: Attendance at extracurricular sports clubs within school or at club level. Competition log.</p> <p>Three pieces of homework: Past exam questions</p>	<p>NEA: Attendance at extracurricular sports clubs within school or at club level. Competition log.</p> <p>Three pieces of homework: Past exam questions</p>	Revision Plan.
Cultural enrichment including Trips, Visits, Experiences, Extra-curricular	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	Weekly extra-curricular opportunity to practice sports skills at sports clubs at lunch time and after school
Literacy	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>
Numeracy	<p>Time management within exams.</p> <p>AEP: Plotting data and skill continuums.</p>	Time management within exams.	Time management within exams.	Time management within exams.	Time management within exams.
CIAG		Sports and the industry.			