



GCSE PE Yr 10 Practical 1



Curriculum Intent

Students will study the theoretical aspects of Physical Education, which will enable them to:

- Understand the factors that underpin performance in sport
- Understand how the physiological and psychological state affects performance
- Understand the contribution which physical activity and sport make to health, fitness and well-being
- Understand key socio-cultural influences which can affect people's involvement in physical activity and sport

Students will also take part in practical activities, which will enable them to:

- Develop skills and techniques, as well as use appropriate tactics and strategies
- Develop their ability to analyse and evaluate performance in physical activity and sport

Athletics (Core and GCSE)

Students will learn:-

- Athletics – Core, and Advanced skills as well as decision making covered over 6-8 single lessons
- GCSE 3-4 double lessons

What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence over the event.

Knowledge, understanding & Skills

- Track Events 100m, 200m 300m, 400m (yr10-11boys), 1500m – VERY GOOD start, finish, posture, leg/arm action, head carriage, efficiency on nearly all occasions
- Jumping Events- Long, High and triple jump – VERY GOOD effective approach, arm/leg action, take off, flight and landing on nearly all occasions
- Throwing Events- Shot, Discus, Javelin – VERY GOOD effective stance, grip, travel, throwing action, release, flight, on nearly all occasions

Advanced Skills:

- VERY GOOD use of Hang/Hitch/Fosbury flop technique (Long/Triple/High) and land beyond the initial point of contact (Long/Triple) on nearly all occasions
- VERY GOOD use of Cross Step/Glide (Javelin/Shot put) on nearly all occasions

Decision Making:

- VERY GOOD use and understand of pacing and when to start a sprint finish (Long Distance Track) on nearly all occasions
- VERY GOOD use of altering a run up (Jumping) on nearly all occasions

How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

How will students be assessed?

Assessment at the end of each unit of work. Teacher to use GCSE assessment criteria.

Badminton (Core and GCSE)

Students will learn:-

- Badminton – Core, and Advanced skills as well as decision making covered over 6-8 single lessons
- GCSE 3-4 double lessons

What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence over the event.

Knowledge, understanding & Skills

Core Skills:

- Forehand underarm and overhead clears – VERY GOOD accuracy. Shuttle lands at the back of the court most of the time
- Forehand underarm and overhead drop shots – VERY GOOD accuracy. Shuttle lands at the front of the court most of the time
- Forehand smashes – GOOD accuracy. Shuttle is hit with power and directed downwards 50% of the time
- Forehand long serve - VERY GOOD accuracy. Shuttle lands at the back of the court most of the time
- Backhand and forehand short serves – VERY GOOD accuracy. Shuttle lands at the front of the service box most of the time

Advanced Skills:

- Backhand underarm and overhead clears - GOOD accuracy. Shuttle lands at the back of the court 50% of the time
- Backhand underarm and overhead drop shots – VERY GOOD accuracy. Shuttle lands at the front of the court most of the time
- Backhand smashes - GOOD accuracy. Shuttle is hit downwards with power 50% of the time

Decision Making:

- Able to use a variety of shots to move opponent around the court MOST OF THE TIME
- Able to disguise shots successfully MOST OF THE TIME

How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

How will students be assessed?

Assessment at the end of each unit of work. Teacher to use GCSE assessment criteria.

Basketball

Students will learn:-

- Basketball – Core, and Advanced skills as well as decision making covered over 6-8 single lessons

What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence over the event.

Knowledge, understanding & Skills

Core Skills:

- Passing (Chest, bounce and overhead) - VERY GOOD accuracy n.o.a.
- Dribbling with dominant hand – VERY GOOD control n.o.a.
- Shooting (set shot and jump shot) – VERY GOOD accuracy on nearly all occasions over short distance, GOOD accuracy most of the time
- Lay-up with dominant hand – successful most of the time
- Advanced Skills:
 - Beat an opponent with a fake and drive – GOOD accuracy most times
 - Lay-up using non-dominant hand – GOOD accuracy most of the time
 - Dribble using non-dominant hand – GOOD accuracy most of the time
 - Hook shot – GOOD accuracy most of the time
 - Rebound – GOOD accuracy most of the time

Decision Making:

- Communication with other players on offensive and defensive tactics – used successfully most of the time
- Tactics and strategies (man to man/zonal marking, positioning on court, screens) – used successfully most of the time
- Choose when to apply appropriate skills – most of the time of altering a run up (Jumping) on nearly all occasions

How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

How will students be assessed?

Assessment at the end of each unit of work.
Teacher to use GCSE assessment criteria.

Cricket

Students will learn:-

- Core, and Advanced skills as well as decision making covered over 3 single lessons

What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence over the event.

Knowledge, understanding & Skills

Core Skills:

- Batting (Stance, Grip, footwork, forward and backward defensive shots, drives) - SOMETIMES accurate
- Bowling with line and length (fast, medium or spin) – GOOD accuracy most of the time
- Fielding- Underarm throw, overarm throw over varying distances, long barrier and catching –VERY GOOD accuracy on nearly all occasions over short distances, GOOD accuracy on most occasions over long distances

Advanced Skills:

- Batting- Square cut, pull shots, hook shots, sweeps –
- Bowling- with a variety of line, length and flight – SOMETIMES accurate for both batting and bowling
- Fielding- Pick up and throw in one motion –SOMETIMES successful

Decision Making:

- Excellent communication with partner – most of the time
- Organisation of the fielders – most of the time
- Apply tactics and strategies to outwit an opponent – SOMETIMES
- Placement of the ball away from fielders - SOMETIMES

How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

How will students be assessed?

Assessment at the end of each unit of work.
Teacher to use GCSE assessment criteria.

Fitness

Students will learn:-

- Core, and Advanced skills as well as decision making covered over 3 single lessons

What does Excellence look like?

- Consistently excellent intensity and technique
- Able to structure fitness session appropriately using the various methods of training

Knowledge, understanding & Skills

Core Skills:

- Continuous training
- Interval training
- Fartlek training
- Circuit training (e.g. squats, lunges, step ups, shuttle runs, press ups, sit ups, planks, skipping)
- HIIT training
- SAQ training
- Weight training

Students are able to participate in the training methods listed above with VERY GOOD intensity and VERY GOOD technique on NEARLY ALL occasions

Advanced Skills:

- Ability to make training harder (e.g. in circuit training, jumping squats, jumping lunges, one leg plank etc.)
Students are able to participate in training after increasing the intensity MOST of the time

Decision Making:

- VERY GOOD knowledge of how to structure an appropriate fitness session in each of the various methods

How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube

How will students be assessed?

Assessment at the end of each unit of work.
Teacher to use GCSE assessment criteria.