

## GCSE PE

Qualification: GCSE PE Specification: OCR

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 9 Topics</b>	1.2a Components of Fitness	1.2a Components of Fitness	1.2b Principles of training	1.2b Principles of training	1.2c Preventing injuries	1.1a Skeletal System
<b>Year 9 Rationale</b>	<ul style="list-style-type: none"> <li>- Pupils start on the most practical and easier content topics to develop confidence and provide a transition from the practical lessons in KS3.</li> <li>- Pupils learn the styles of study and questions required for GCSE study. Pupils learn the required exam technique.</li> <li>- Pupils learn the 3 assessment objectives and the format of the course.</li> <li>- They study using the required structure for GCSE.</li> <li>- They begin to apply knowledge to practical examples and develop the skills needed to answer exam questions.</li> </ul>					
<b>Year 10</b>	1.1b Muscular system 1.1c Movement analysis	1.1d Cardiovascular and respiratory systems	1.1e Effects of exercise	AEP	End of year exam revision	2.3 Health, Fitness and Wellbeing
<b>Year 10 Rationale</b>	<ul style="list-style-type: none"> <li>- Pupils now study some of the more advanced course content having developed the required skills in year 9.</li> <li>- Pupils complete the AEP coursework in year 10 as they now have the required skills to complete to the best of their ability.</li> <li>- AEP is studied in year 10 to avoid the pressures of year 11.</li> </ul>					
<b>Year 11</b>	2.2 Sports Psychology	2.1a Engagement Patterns	2.1b Commercialisation/ 2.1c Ethical considerations	Revision	Revision	
<b>Year 11 Rationale</b>	<ul style="list-style-type: none"> <li>- Pupils complete the remaining four units with a real focus on links to practical exams and exam question technique.</li> <li>- Pupils then have 2 half terms to revise, by completing the departmentally made revision booklets revisiting all course content.</li> </ul>					

Link to GCSE specification: <http://www.ocr.org.uk/qualifications/gcse/gcse-physical-education-j587-from-2016/specification-at-a-glance/>

**Reasons why the specification was chosen:**

- **Lower reading age required to comprehend exam questions than Edexcel and other papers**
- **Rigorous paper**
- **Less confusing practical grading system**