

SPRING/SUMMER 2024

Subject: Physical Education GCSE PE

Year 10

Topics to be covered:

Students will continue to work on their paper 1 and paper 2 content.

This term they will focus on the following topics:

Sports psychology: Mental preparation

Sports psychology: Types of guidance

Sports psychology: Types of feedback

Health, fitness and well-being: Consequences of a sedentary lifestyle- physical

Health, fitness and well-being: Consequences of a sedentary lifestyle- emotional and social

Health, fitness and well-being: Diet and nutrition- components of a balanced diet

Health, fitness and well-being: Diet and nutrition-effects of diet and hydration on energy use is physical activity

Effects of exercise on body systems: Short term effects of exercise

Effects of exercise on body systems: Long term effects of exercise

Components of fitness

Applying the principles of training: Principles of training

Applying principles of training: Optimising training

Applying principles of training: Optimising training

Preventing injuries in physical activity and training

Assessment Procedures

Students will be assessed at the end of each topic to monitor understanding and progress. There will be an end of term assessment exam to establish a working at grade. This will be combined with practical assessments in various activities to establish a full and rounded picture of where your child is currently performing.

Homework guidance:

Homework will be given each week in preparation of the following weeks lesson. It will be based around a concept of flipped learning; where students prepare themselves ahead of the next lesson in order to make more progress in class. There will also be revision set for mini tests throughout to review classwork.

Enrichment opportunities:

In order to maximise your child's development, they must attend extra-curricular clubs to improve their practical scores. The higher your child's practical scores, the greater the success in the final grade awarded. Dedication to developing weak practical areas is a must.

How can you help?

Ensure your child attends extra-curricular activities focussing on areas of weakness.

Purchase an OCR revision guide written by John Honeybourne.

Ensure they have completed their homework.

Take an interest in their end of topic results.