

		Year 10		Year 11	
Autumn 1		Theory	Practical (sample)	Theory	Practical (sample)
	Focus	Skeletal and muscular systems	Football and badminton	Sports psychology	Football
	Skills	Naming, locating and describing function of bones, muscles and synovial joints.	Core skills (e.g. control, passing, shooting dribbling / serving, overhead clear) Advanced skills (e.g. non-dominant foot control and passing / flick serve)	Classifying skills; analysing skilful movement; evaluating goal setting (SMART), mental preparation and types of guidance and feedback.	Core skills (e.g. tackling, heading) Advanced skills (e.g. non-dominant shooting, beating opponents) Decision making/ tactical awareness
	Assessment	End of unit exam style test.	End of unit practical assessment for each sport.	End of unit exam style test.	End of unit practical assessment for football.
Autumn 2	Focus	Cardiovascular and respiratory systems	Hockey and table tennis	Ethics	Badminton
	Skills	Analysing the heart (structure, flow of blood, red blood cells) and respiratory system, (pathway of air; aerobic and anaerobic respiration).	Core skills (e.g. control, passing, shooting dribbling / serving, hit, flick, smash) Advanced skills (e.g. reverse stick control and passing / loop, block, sidespin)	Understanding sportsmanship and deviance, including use of performance enhancing drugs and violence.	Core skills (e.g. serve, drop, clear, smash) Advanced skills (e.g. backhand shots, net shots, positioning) Decision making/ tactical awareness
	Assessment	End of unit exam style test.	End of unit practical assessment for each sport.	Year 11 mock exam (1 paper)	End of unit practical assessment for badminton.
Spring 1	Focus	Effects of exercise	Netball and trampolining	Health, fitness and wellbeing	Netball
	Skills	Measuring and evaluating short and long term effects of exercise and use of data.	Core skills (e.g. footwork, chest and bounce pass / tuck, swivel hips, ½ twist) Advanced skills (e.g. shadowing, step shot / cradle, somersault, back to front)	Evaluating balanced diet, benefits of physical activity and use of data.	Core skills (e.g. catching, dodging) Advanced skills (e.g. catching on the move/ in the air, shoulder pass) Decision making/ tactical awareness
	Assessment	Quizzes in lesson.	End of unit practical assessment for each sport.	End of unit exam style test.	End of unit practical assessment for netball.
Spring 2	Focus	Principles of training / components of fitness	Basketball and fitness testing	Commercialisation and engagement patterns	Table tennis
	Skills	Identifying and evaluating principles and types of training: SPOR and FITT. Practical understanding of the components of fitness and fitness testing.	Core skills (e.g. dribbling, passing) Advanced skills (e.g. non-dominant lay up, cutting, rebounding) Multistage fitness test, one rep max etc.	Evaluating influence of media, golden triangle and sponsorship. Analysing current trends, factors affecting participation, how to improve.	Core skills (e.g. serve, return of serve) Advanced skills (e.g. counter hit, corkspin, positioning) Decision making/ tactical awareness
	Assessment	Y10 exam based on OCR Paper 1.	End of unit practical assessment for each sport.	End of unit exam style test.	End of unit practical assessment for table tennis.
Summer 1	Focus	Injury prevention	Athletics	Revision	Practical moderation
	Skills	Identifying and evaluating components and benefits of warm up / cool down. Identifying ways to minimise risks and avoid hazards.	Core skills (e.g. track – start, finish, posture / jumping – approach, take-off, landing / throwing – stance, grip, throwing action)	How to revise GCSE PE Resources e.g. revision cards, revision guides, mind mapping etc.	External moderator visit
	Assessment	End of unit exam style test.		OCR practice papers	Practical moderation assessments
Summer 2	Focus	Movement analysis	Advanced skills (e.g. track – cadence, bend running, pacing / jumping – approach, flight, landing / throwing – travel, release)	Revision	
	Skills	Analysing lever systems, mechanical advantage, planes of movement and axes of rotation.		Preparing for exams	
	Assessment	5 hour Controlled Assessment: Analysing and Evaluation performance.	End of unit practical assessment for each sport.	OCR GCSE PE exams	

