

Subject	Year	Term
GCSE Physical Education	10	Spring 2
Topic		
AQA Exam Board Syllabus content		
Content (Intent)		
Prior Learning (Topic) AQA Exam Board Syllabus content		
Paper 1 Theory: All resources on R:drive PE GCSE Pages		
<ul style="list-style-type: none"><li>• Cardiac output.</li><li>• Aerobic and Anaerobic exercise.</li><li>• Immediate and short term effects of exercise.</li><li>• Long term effects of exercise.</li><li>• Components of fitness.</li></ul>		
Practical Activities		
Basketball and Handball introductory assessments.		
Fitness Practical		
Training methods: circuit, weight, fartlek, interval, continuous, cross and plyometric.		
Future Learning (Topic) AQA Exam Board Syllabus content		
How will knowledge and skills be taught? (Implementation)	How will your understanding be assessed & recorded (Impact)	
<p>Pupils study the AQA GCSE syllabus with 5 hours of teaching over a two-week timetable, 2 theory lessons, 2 practical lessons and 1 fitness practical lesson.</p> <p>Pupils given lesson booklet sheets for each theory lesson. Lesson starter re-cap learning task, pupil self and peer marking task, main learning topic area to include key definitions and sporting examples and exam style questioning with mark scheme examples. Pupils given regular feedback in lessons both orally and through accurate marking with pupils encouraged to respond to the feedback.</p> <p>Students set homework every lesson. High expectations set at all time to include stretch and challenge with individual differentiation of tasks if required. Pupils to work individually, paired and in groups with accurate and productive use of assessment alongside ALPS targets used to monitor progress.</p> <p>Practical lessons follow skills and game requirements of AQA syllabus. Fitness practical sessions to allow pupil self-assessment and reinforce theoretical concepts studied in theory lessons.</p>	<p>Students to be assessed using AQA GCSE assessment criteria and in line with individual ALPS predicted targets. Effort and attainment recorded in regular progress checks and interims with more detailed progress and targets set in parent’s evenings.</p> <p>Individual topic results recorded by teacher.</p> <p>Pupils self-assessment sheet in folders used to monitor progress and understanding.</p> <p>Assessments made through exam questions within lessons and homework’s. Lesson starter tasks and end of unit assessments.</p> <p>Practical/EAPI assessment done through self/peer and teacher assessment and video recording.</p>	
How can parents help at home?		
<p>Ensure weekly homework is complete. Support pupils to create a bank revision cards after each theory lesson.</p> <p>Film external fixtures to give supportive evidence for practical assessment. See guidelines from PE filmed evidence sheet and follow AQA exam board criteria sheets.</p>		
Helpful further reading/discussion		
<b>Reading</b> Text Book- AQA GCSE PE (9-1) Zig Zag mind map and past paper exam resources GCSE PE Bitesize on line reading and past paper resources	<b>Vocabulary Lists</b> Cardiac output, stroke volume and heart rate. Aerobic and anaerobic. DOMS. EPOC. Components of fitness.	<b>Careers Links</b> Teaching/sports coaching. Outdoor pursuits. Sports science/medicine. Personal training. Physiotherapy. Sports management. Armed forces.