

YEAR GROUP: 10 GCSE PE

		Paper 1 – Topic 1							Paper 1 Topic 2								Paper 1 Topic 3						Mock Prep			Paper 2 Topic 1											
		AUTUMN 1							AUTUMN 2								SPRING 1				SPRING 2				SUMMER 1						SUMMER 2						
		1	2	3	4	5	6	7	1	2	3	4	5	6	7	8	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	7		
	Unit description	<u>Applied Anatomy and Physiology</u> Students should develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport.							<u>Cardio-Respiratory System</u> Students will develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity and sport.								<u>Physical Training and Use of Data</u> Students will develop knowledge and understanding of the principles of training and different training methods in order to plan, carry out, monitor and evaluate personal exercise and training programmes. Students will develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport.						<u>Paper 1 Revision</u>			<u>Sport Psychology</u> Students will develop knowledge and understanding of the psychological factors that can affect performers in physical activity and sport.											
	Assessment	<i>Recall and retrieval Questions: 10 short answer questions self-marked.</i> <i>Consolidation homework and seneca.</i> <i>Walking talking mock (WTM) practice extended writing for 6/9m questions.</i> <i>End of Topic Test</i>							<i>Recall and retrieval questions 10 short answer questions self-marked.</i> <i>Consolidation homework and seneca.</i> <i>Walking talking mock (WTM) practice extended writing for 6/9m questions.</i> <i>End of Topic Test</i>								<i>Recall and retrieval questions: 10 short answer questions self-marked.</i> <i>Consolidation homework and seneca.</i> <i>Walking talking mock (WTM) practice extended writing for 6/9m questions.</i> <i>End of Topic Test</i>						Paper 1: The human body and movement in physical activity and sport <i>Walking talking mock (WTM) practice extended writing for 6/9m questions.</i>			<i>Recall and retrieval questions: 10 short answer questions self-marked.</i> <i>Consolidation homework and seneca.</i> <i>Walking talking mock (WTM) practice extended writing for 6/9m questions.</i> <i>End of Topic Test</i>											

Assessment Key:

- Formative
- Summative
- Exam writing practice

YEAR GROUP: 11 GCSE PE

		Written NEA				Paper 2 Topic 2				NEA Written - Evaluation				Paper 2 Topic 3				Formal in class revision						Exams period									
		AUTUMN 1					AUTUMN 2					SPRING 1				SPRING 2				SUMMER 1				SUMMER 2									
		1	2	3	4	5	6	7	1	2	3	4	5	6	7	8	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5
	Unit description	<u>Written Coursework - Analysis</u> Students will complete the analysis section of the non-exam assessment (NEA).				<u>Socio-cultural Influences</u> Students will develop knowledge and understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society.					<u>Written Coursework - Evaluation</u> Students will complete the evaluation section of the non-exam assessment (NEA).				<u>Health, fitness and wellbeing</u> Students will develop knowledge and understanding of the benefits of participating in physical activity and sport to health, fitness and wellbeing.				<u>Paper 1 and 2 Revision</u>						<u>Summer Exams</u> Paper 1: The human body and movement in physical activity and sport Paper 2: Socio-cultural influences and well-being in physical activity and sport								
	Assessment	<i>Continual marking of progress towards exam criteria. Continuous feedback</i> <i>Analysis marked out of 15</i>				<i>Recall and retrieval Questions: 10 short answer questions self-marked.</i> <i>Consolidation homework and seneca.</i> <i>Walking talking mock (WTM) practice extended writing for 6/9m questions.</i> <i>End of Topic Test</i>					<i>Continual marking of progress towards exam criteria. Continuous feedback</i> <i>Evaluation marked out of 10</i>				<i>Recall and retrieval Questions: 10 short answer questions self-marked.</i> <i>Consolidation homework and seneca.</i> <i>Walking talking mock (WTM) practice extended writing for 6/9m questions.</i> <i>End of Topic Test</i>				<i>Walking talking mock (WTM) practice extended writing for 6/9m questions.</i> <i>Scaffolding framework pro forma.</i>														

Assessment Key:

Formative

Summative

Exam writing development

>Something More?

Curriculums at BSS are designed to nurture not only intellectual and physical development but also the spiritual growth of students. This will be through:

Promoting Awe and Appreciation of the Human Body

Learning about the complexity and precision of the muscular, skeletal, respiratory, and cardiovascular systems can inspire a sense of awe and wonder at how the human body functions. This appreciation can foster a deeper respect for life and creation

Valuing Health and Well-Being

Understanding how physical training supports long-term health can instil a sense of responsibility and purpose in looking after one's body — aligning with spiritual values around care, balance, and stewardship of the self.

Encouraging Self-Awareness and the Mind-Body Connection

Studying how the body moves, adapts, and improves with training helps students understand their own physical capabilities, limits, and potential.

Personal Growth and Self-Discipline:

Through practical performance students develop goal-setting, resilience, and self-motivation. These help build inner strength, a greater sense of self and a deeper understanding of personal values.

Teamwork and Community:

Students experience working with others in team sports and group activities, learning to support each other, cooperate, and build positive relationships. This encourages a sense of belonging and shared purpose, which supports spiritual growth.

How does our curriculum do >Something More?

GCSE PE:

- Promoting Awe and Appreciation of the Human Body
 - ✓ In anatomy and physiology topic, looking at the interconnectedness of the body systems and how they work together to help us produce sporting movements and recover from exercise
- Valuing Health and Well-Being
 - ✓ The physical training topic helps students understand the different facets of health and how to effectively train to reap the health benefits
- Personal Growth and Self-Discipline
 - ✓ Students take responsibility for the practical element of the NEA, working towards the highest level of performance possible before providing a portfolio of evidence