



AQA GCSE PE



Archdiocese of Liverpool

Curriculum intent:

The intent of the PE curriculum at St. Gregory's Catholic High School is to strike the right balance between provision, participation and performance for all of our pupils. The PE curriculum has been designed to provide pupils with an enjoyable and stimulating experience, which broadens their sporting horizons and provides the platform for a lifelong healthy lifestyle.

Our intent as a department is to ensure that our curriculum

1. Provides our pupils with new sporting experiences and increases their intellectual understanding of the subject
2. Fosters a love of learning for the subject that stimulates the academic and practical inquisitiveness of our pupils
3. Creates clear pathways for pupils to study the subject further in Key Stage 4 and beyond secondary education into post -16 education and employment

AQA GCSE PE -Year 11

TERM 1

Content

Sports psychology
Goal setting
Mental preparation for performance
Socio-cultural influences
Commercialisation of physical activity and sport
NEA Coursework

Concepts and Skills

-Understand and justify how skill and ability are categorised and applied in a range of sporting contexts
-Explain and evaluate how mental preparation for sport affects performance in both positive and negative ways
-Evaluate how socio-cultural circumstance influences engagement in sport
-Evaluation of the links between sport, spectators and the media

TERM 2

NEA coursework

Health, fitness and well-being

- Participation linked to health and wellness
- Sedentary lifestyle
- Obesity
- Somatotypes

-Understanding and evaluation of the reasons people take part in sport
-Understanding of the physical and mental effects of health on the human body
-Identification and evaluation of how somatotypes influence sporting effectiveness and engagement
-Causes and effects of obesity

TERM 3

Energy use, diet nutrition and hydration

Examination technique
Revision techniques

Understanding and evaluation of the role and reasoning for effective dietary control with linkage to sport and physical exercise

-Retention and retrieval practice (AO1)
- Long question responses through command word. Justify, explain, discuss, evaluate, analyse (AO2, AO3)
- Timed responses

