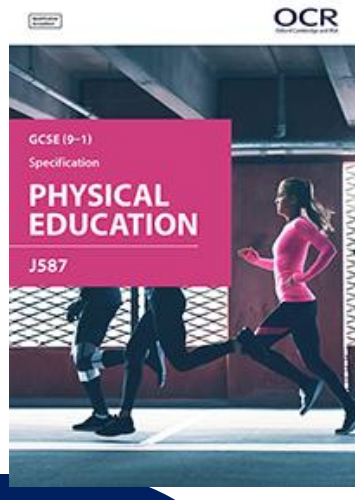
De La Salle School

GCSE
Physical Education Learning Journey



YEAR 11 Term 3

EXAM WINDOW

REVISION

Practical Individual Sports
Demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions in a INDIVIDUAL Sports

YEAR 11 Term 2

Practical Team Sports
Demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions in a TEAM Sports

Coursework Resubmission
Unit R185: Performance and leadership in sports activities
Unit R187: Increasing awareness of Outdoor & Adventurous Activities

Unit 1.1.e - Effects of exercise

Unit 1.2.c - Preventing injury in physical activity and training
•Minimising risk of injury in sport
•Identifying hazards in sport settings

Unit 1.1.d - The Cardiovascular and Respiratory Systems
•Structure and function of the cardiovascular system
•Structure and function of the respiratory system
•Aerobic and anaerobic exercise

2.2 - Sports psychology
•Characteristics of skilful Movement
•Classification of skills
•Goal setting
•Mental preparation
•Types of guidance
•Types of feedback

YEAR 11 Term 1

AEP Preparation
•Analyse aspects of personal performance in a practical activity
•Evaluate the strengths and weaknesses of the performance
•Produce an action plan which aims to improve the quality and effectiveness of the performance.

Unit 1.2.b - The Principles of Training.
•The definitions of the principles of training and how these are applied to increase fitness.
The methods of training and sporting examples of when these would be used.

Practical Summer Sports
Demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions in a SUMMER Sports

YEAR 10 Term 3

Unit 1.2a - The components of fitness
•The definitions and sporting examples of the components of fitness
•The fitness tests for the components of fitness

Unit 2.3 - Health, Fitness and well-being.
•Health, fitness and well-being
•Diet and nutrition

Unit 2.1.c - Ethical and Socio-Cultural Issues in Physical Activity and Sport
•Ethics in sport
•Drugs in sport
•Violence in sport

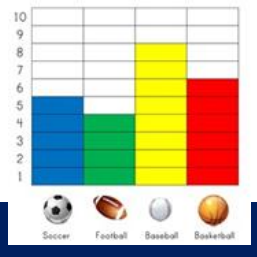
Practical Individual Sports
Demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions in a INDIVIDUAL Sports

Unit 1.1.c Movement and Analysis
•Lever systems
•Planes of movement and axes of rotation

Unit 1.1.a - The structure and function of the skeletal system
•Location of major bones
•Functions of the skeleton
•Types of synovial joint
•Types of movement at hinge joints and ball and socket joints
•Other components of joints

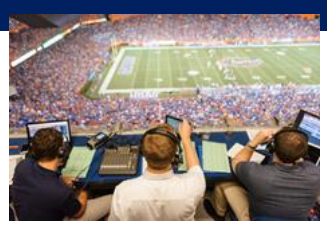
Unit 1.1.b - The structure and function of the muscular system
•Location of major muscle groups
•The roles of muscle in movement

YEAR 10 Term 2



Practical Team Sports
Demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions in a TEAM Sports

Unit 2.1.b - Commercialisation of Physical Activity and Sport.
•The different types of media
•The meaning of commercialisation including the golden triangle (sport, sponsorship & the media)
•The positive and negative effects of sponsorship on commercialisation and sport



Unit 2.1.a- Engagement Pattern of different social groups in Physical Activity and Sport.
•Physical activity and sport in the UK
Participation in physical activity and sport

YEAR 10 Term 1