

Physical Education Department GCSE Theory Examination Scheme of Work

	Year 10 GCSE	Year 11 GCSE		
Phase 1	<p>GCSE AQA Syllabus</p> <p>Topic 1 – Participation and Performance</p> <p>Social groups, commercialisation, sponsorship, technological developments.</p>	<p>Topic 6 – Training</p> <p>Different training methods and the training seasons sportspeople utilise</p> <p>Continue NEA written Coursework</p>		
Phase 2	<p>Topic 2 – Physical Demands of Exercise</p> <p>Respiratory system, circulatory system, aerobic and anaerobic energy systems, the effects of exercise</p>	<p>Topic 7 – Psychology</p> <p>Skill classifications, goal setting, guidance, feedback, information processing, personality, motivation</p> <p>Continue NEA written Coursework</p>		
Phase 3	<p>Topic 3 – Health and Fitness</p> <p>Physical, mental and social health, obesity, somatotypes, diet and nutrition</p>	<p>Topic 8 – Skeleton and Movement</p> <p>Bones and muscles, movement at joints, lever systems</p> <p>Finish NEA written Coursework</p>		
Phase 4	<p>Topic 4 – Components of Fitness</p> <p>The COF's, fitness testing and data in sport</p> <p>Topic 5 – Deviance</p> <p>Sportsmanship, gamesmanship, PED's, spectators in sport and hooliganism</p> <p>Start NEA written Coursework</p>			
	END OF YEAR EXAM	END OF YEAR EXAM		