

AQA GCSE Physical Education – Year 10 and 11 Overview (2 Year Course) (for students leaving Year 11 Summer 2023)

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	TRAINING UNIT	TRAINING UNIT	SCOIO CULTURAL FACTORS	SPORTS PSYCHOLOGY UNIT	SPORTS PSYCHOLOGY UNIT	ANATOMY AND PHYSIOLOGY
	(PAPER 1)	(PAPER 1)	UNIT (PAPER 2)	(PAPER 2)	(PAPER 2)	UNIT MUSCULOSKELETAL
						SYSTEM
	Health and Fitness	Considerations to Prevent Injury	Social groups/Engagement	Skill and Ability	Motivation	(PAPER 1)
	Definitions and the	Name and understand factors	Patterns	Definitions.	Intrinsic and extrinsic – types	
	relationship between health	that affect injury prevention and	Gender,		of/examples linked to different	Functions of the Skeleton
	and fitness.	how.	race/religion/culture,age,	Classification of skills	sports, evaluation of different	Know the 6 functions
			family/friends/peers,disability.	Basic/complex,	effects these motivations can	Be able to apply them to
	Training intensities – aerobic	Recovery from exercise	People who interact with one	open/closed,self-	have on performance.	perfromance/physical activity.
	and anaerobic	Know ways that speed up/help	another, share similar	paced/externally-paced with		
	Definitions of the thresholds	recovery.	characteristics and have a	linked examples.	Arousal	Bones
	and ability to calculate the		sense of unity/togetherness.	Continuums/classifications.	Definition, inverted U theory,	Identification of bones at key
	training intensities from Max	HEALTH AND FITNESS UNIT			draw graph and label	skeletal locations – especially
	HR.	<u>(PAPER 2)</u>	Barrier to participation	Guidance	accurately. Relationship of	where the main movement joints
			'TIME' transport, income,	Visual, verbal, manual,	arousal to performance –	are located.
	The Components of Fitness.	Well-being	mobility, education.	mechanical examples and	high/low under/over. Link to	
Year	Definitions of each component	Physical/mental/social health and		relevance to beginner/elite	gross/fine skills and affect of	Muscles
10	of fitness and understand their	well being benefits and fitness	Commercialisation	perfrormers. Examples of how	arousal on these skills being	Identification of where the main
	link to physical activity and	benefits.	The process by which a new	guidance given.	applied.	muscle groups are located using
	performance.		product or service is introduced			correct anatomical names.
		Diet and hydration	into the general market.	Feedback	Mental preparation	The role of tendons should also
	Fitness Testing	Nutrients, how energy is stored,	Relationship between sport,	Positive/negative, knowledge	Control of arousal/being mentally	be understood.
	Reasons for fitness testing,	3 reasons for a balanced diet, %'s	sponsorship and the media.	of results/knowledge of	prepared linked to stress	
	limitations of fitness	recommended daily intake of 3		performance,	management techniques – deep	Synovial Joints
	testing/tests, procedures and	main nutrients, 7 nutrients and	Types of sponsorship, positive	intrinsic/extrinsic. Link to	breathing, mental	Structures, role of structures in a
	data collection.	functions, water balance –	and negative impacts of	beginner/elie and which are	rehearsal/visualisation/imagery,	synovial joint. Different types of
		hydration/dehdration (5 effects),	sponsorship and the media	more appropriate and why.	positive self talk. Relevant sports	synovial joint and where they are
	Types of Training Including	importance of hydration in sport.	Reasons for sponsoring – 'PAST'		examples. Mental preparation	located – main focus on ball and
	Altitude Training		– publicity, assocation, support,	Information processing model	linked to warm up.	socket and hinge.
	Undertsand the different	Energy balance	tax.	Role of each stage of model:		
	types, undertsand which are	Calories (Kcal), daily		input, decision making, output,	Aggression	Types of movement
	aerobic and anaerobic,	requirements related to age,		feedback. Draw the model.	Direct and indirect – sports	How joints differ in design to
	understand advantages and	gender, height and energy		Apply the model to different	examples for both.	allow certain types of movement
	disadvantages of the methods.	expenditure.		skills.		at a joint – flexion, extension etc.



Include training intenisties of	Sedentary lifestyle	Technology	Goal setting	Personality	Synovial Joints application.
weight training.	7 consequenences of following	Innovations to improve	Definitions of types of goals –	Introvert/extrovert	Analyzing and applying
	this type of lifestyle.	sport/performance/experience.	examples related to	characteristics of each type, tend	movement typos and joint type
Principles of Training		Positive and negative impacts.	performance and outcome, use	to play sports examples	to specific sporting movements.
Definitions and understanding	Obesity		and evaluation of setting goals,		
of all key principles. Ability to	4 affects on performance in	Conduct of performers	SMART targets.		Structure of skeleton
apply to sporting examples in	physical activity and sport, 4 links	Etiquette, sportsmanship,			How the skeletal system provides
terms of how they can	to physical ill health, 2 links to	gamesmanship, contract to	Motivation		a framework
develop fitness.	mental ill health, 2 links to social	compete.	Intrinsic and extrinsic – types		for movement (in conjunction
	ill health.		of/examples linked to different		with the muscular system):
Seasonal Aspects		PED's	sports, evaluation of different		Allows movement at a joint, the
Name th three main sections,	Somatotypes	Stimulants, narcotic analgesics,	effects these motivations can		shape and type of the bones
understand the aims and what	Endomorph, ectomorph,	anabolic agents, diuretics,	have on performance.		determine the amount of
each section entails with	mesomorph key characteristics	peptide hormones (EPO), blood			movement, flat bones for
application to specific sporting	and suitability for different	doping, beta blockers – effects	Arousal		protection of vital organs, the
examples.	sports/positions.	of and link to which type of	Definition, inverted U theory,		different joint types allow
		performers use.	draw graph and label		different types of movement and
Warm Up and Cool Down		Reasons for drug taking – 'FILS'	accurately. Relationship of		provides a point of attachment
The constituent parts of		– fame, income, level playing	arousal to performance –		for muscles.
warming up and cooling		field, succes. Disadvantages of	high/low under/over. Link to		
Dow including the reasoning		drug taking – 'CBaFRaH'	gross/fine skills and affect of		Muscle Contractions
and benefits for each section.		cheating, banes, fines,	arousal on these skills being		Antagonistic pairs – locations, key
		reputation, health risks – to	applied.		terminology.
		perfomer and to the sport.	- I- I		Different types of muscle
					contraction
		Spectator behaviour			
		Positive/negative then further			
		link to hooliganism – reasons			
		for and strategies employed to			
		combat hooliganism			
The constituent parts of warming up and cooling Dow including the reasoning and benefits for each section.		 - fame, income, level playing field, succes. Disadvantages of drug taking – 'CBaFRaH' cheating, banes, fines, reputation, health risks – to perfomer and to the sport. Spectator behaviour Positive/negative then further link to hooliganism – reasons for and strategies employed to combat hooliganism. 	arousal to performance – high/low under/over. Link to gross/fine skills and affect of arousal on these skills being applied.		for muscles. Muscle Contractions Antagonistic pairs – locations, key terminology. Different types of muscle contraction.



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	ANATOMY AND PHYSIOLOGY UNIT CARDIORESPIRATORY SYSTEM	ANATOMY AND PHYSIOLOGY UNIT CARDIORESPIRATORY <u>SYSTEM</u>	PAPER 2 REVISION Two weeks on each unit	PAPER 1 REVISION Three weeks	KEY TOPIC REVISION	
	(PAPER 1) Pathway of air Identification of the main structures air passes through when entering the body.	(PAPER 1) Effects of execise Immeidate, short and long term effects of exercise.	Health and Fitness Unit. Socio Cultural Factors Unit. Sports Psychology Unit.	Muscularskeletal system. Two weeks Cardiorespiratory system.		
Year 11	 When entering the body. Mechanics of Breathing Structures, locations, mechanics of each structure, breathing at rest and exercise. Spirometer Trace Identify the main volumes on a trace. Interpret the trace when at rest and exercise. Blood Vessels. Structure and functions of the three main blood vessels. Gaseous Exchange Names, structure and functions of the main components of gaseous exchange. Structure of the heart Knowledge of each of the main chambers including the main blood vessels attached to the heart. 	Recovery Understand recovery techniques used in sport. EPOC/oxygen debt Definition, understand the link to anaerobic exercise, understand how we re pay the debt of oxygen. Levers Label, draw and identify the three types of lever and where thye can be found in te body – 1srt 2nd and 3rd class. Interpret and analyse sporting movements using the levers. Understand and establish the mechanical advantage. Planes and Axes of movement. To be able to label, identify each plane and axis and how they are paired in movement. Link to specific sporting actions.	Sports Psychology Unit.	Cardiorespiratory system. One week Movement Analysis.		



Pathway of blood	REVISION		
Understand contraction –			
diastole and systole, Name of	Papoer 1 and paper 2 difficult		
the structures blood passes	concepts – identiofoed by		
through on its cycle around	teacher through QLA.		
the body from the heart.			
Cardiac Output and Stroke			
Volume			
Define and understand both			
volumes and how they			
change from exercise to rest.			
Interpret heart rate graphs –			
rest and exercise including			
anticipatory rise.			



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	MUSCULOSKELETAL	CARDIRESPIRATORY SYSTEM	EPOC/oxygen debt	SOCIO CULTURAL FACTORS	Cardiorespiratory System	
	SYSTEM		Definition, understand the link		Revision on key areas.	
		Pathway of air	to anaerobic exercise,	Social groups/Engagement		
	RECAP Week 1	Identification of the main	understand how we re pay the	Patterns.	Misconception topic areas	
	Functions of the Skeleton	structures air passes through	debt of oxygen.	Barrier to participation.	coverage and final exam	
	Know the 6 functions	when entering the body.		Commercialisation.	preparation.	
	Be able to apply them to		Effects of execise	Types of sponsorship, positive		
	perfromance/physical activity.	Mechanics of Breathing	Immeidate, short and long	and negative impacts of		
		Structures, locations,	term effects of exercise.	sponsorship and the media.		
	Bones	mechanics of each structure,		Technology.		
	Identification of bones at key	breathing at rest and exercise.	<u>Levers</u>	Conduct of performers.		
	skeletal locations – especially		Label, draw and identify the	PED's.		
	where the main movement	Spirometer Trace	three types of lever and where	Spectator behaviour.		
	joints are located.	Identify the main volumes on a	thye can be found in te body –			
		trace. Interpret the trace when	1srt 2nd and 3rd class.	SPORTS PSYCHOLOGY		
	Muscles	at rest and exercise.	Interpret and analyse sporting			
	Identification of where the		movements using the levers.	Skill and Ability.		
Vear 11	main muscle groups are located	Blood Vessels.	Understand and establish the	Classification of skills.		
	using correct anatomical	Structure and functions of the	mechanical advantage.	Guidance.		
	names.	three main blood vessels.		Feedback.		
	The role of tendons should also		Planes and Axes of movement	Information processing model.		
	be understood.	Gaseous Exchange	To be able to label, identify	Goal setting.		
		Names, structure and functions	each plane and axis and how	Motivation.		
	Synovial Joints	of the main components of	they are paired in movement.	Arousal.		
	Structures, role of structures in	gaseous exchange.	Link to specific sporting actions	Mental preparation.		
	a synovial joint. Different types			Aggression.		
	of synovial joint and where	Structure of the heart	PAPER 2 REVISION	Personality.		
	they are located – main focus	Knowledge of each of the main				
	on ball and socket and hinge.	chambers including the main	Health and Fitness	PAPER 1 REVISION		
	_	blood vessels attached to the	Well-being.			
	Types of movement	heart.	Sedentary lifestyle.	Muskuloskeletal key areas		
	How joints differ in design to		Obesity.	revision.		
	allow certain types of	Pathway of blood	Diet and hydration.			
	movement at a joint – flexion,	Understand contraction –	Energy balance.			
	extension etc.	diastole and systole, Name of	Somatotypes.			
		the structures blood passes				



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Synovial Joints application.	through on its cycle around the			
Analyzing and applying	body from the heart.			
movement typos and joint type				
to specific sporting movements.	Cardiac Output and Stroke			
	Volume			
Structure of skeleton	Define and understand both			
How the skeletal system	volumes and how they change			
provides a framework	from exercise to rest.			
for movement (in conjunction	Interpret heart rate graphs –			
with the muscular system):	rest and exercise including			
Allows movement at a joint, the	anticipatory rise.			
shape and type of the bones				
determine the amount of				
movement, flat bones for				
protection of vital organs, the				
different joint types allow				
different types of movement				
and provides a point of				
attachment for muscles.				
Muscle Contractions				
Antagonistic pairs – locations,				
key terminology.				
Different types of muscle				
contraction.				