



Year 10 & 11: GCSE Physical Education, Component 1 & 2

<p>Topic 1: Applied anatomy and physiology</p> <ul style="list-style-type: none"> · The structure and function of the Body Systems (bones, muscles, heart, lungs) · The application of the different Body Systems to physical activity. 	<p style="text-align: center;">Expo 2020 'Challenge' Activity – 'Connecting Minds, Creating the future' Opportunity, Mobility, Sustainability</p> <p>Students will be offered the opportunity to participate in a wide range of sports in curriculum lessons, throughout the year. Many of these sports will correlate with the Dubai Schools Sports Leagues.</p> <p>Students who are interested in pursuing their interest in specific sports can attend the many sporting ECAs and fixtures on offer, providing further opportunities to access mobility and make connections with local and international schools.</p>
<p>Topic 2: Movement Analysis</p> <ul style="list-style-type: none"> · Levers and planes · Classification of joints and explanations within sports 	
<p>Topic 3: Physical Training</p> <ul style="list-style-type: none"> · The components of fitness · Fitness tests and knowledge of how to perform and record · Principles & Methods of training · Planning and carrying out a Fitness Training Programme · Injury and prevention · Performance Enhancing Drug 	<p>Cross Curricular Links/Projects</p> <p>Students who opt to study Biology, Physics or Triple Science will have the opportunity to consolidate their knowledge in these lessons, where there are many overlaps of topics.</p>
<p>Topic 4: Health, Fitness & Wellbeing</p> <ul style="list-style-type: none"> - Physical, emotional and social health, fitness and well-being · The consequences of a sedentary lifestyle · Energy use, diet, nutrition and hydration 	
<p>Topic 5: Sports Psychology</p> <ul style="list-style-type: none"> · Classification of skills (basic/complex, open/closed) · The use of goal setting and SMART targets · Best use of guidance and feedback for coaching · Mental Preparation for playing sport 	
<p>Topic 6: Socio-Cultural influences</p> <ul style="list-style-type: none"> · Barriers to sport and how to overcome these · Commercialisation of sports (TV, media, sponsorship) · Ethical issues surrounding sport 	<p>Assessment Format:</p> <p>The assessments will be a combination of multiple choice, short answer and long answer (9 marks) questions.</p> <p>Included in these assessments will be questions on data analysis, which require you to interpret graphs and analyse this based on your knowledge of the course.</p> <p>Topic 1-3 complete Component 1, and will be assess in a different exam paper to Topics 4-6, which make up Component 2</p>
<p>Assessment Objective Overview</p> <p>Theory assessments will assess students in the following key areas:</p> <p>AO1: Demonstrate knowledge and understanding</p> <p>AO2: Apply knowledge and understanding</p> <p>AO3: Analyse and evaluate factors that underpin performance</p> <p>AO4: Demonstrate and apply relevant skills and techniques</p>	<p>Links for Home Learning/Extension Resources:</p> <p>www.brianmac.co.uk</p> <p>https://www.bbc.com/education/subjects/zdhs34j</p> <p>www.teachpe.com</p> <p>www.topendsports.com</p>

**Year 10 & 11: GCSE Physical Education, Component 3 & 4****Component 3: Practical Performance**

Candidates will complete 1 practical lesson each week. This is designed to give candidates opportunities to try a range of activities before deciding what they would like to be assessed in.

It is recommended that candidate also participate in extra sessions outside of school for their chosen activities to ensure the best grades possible.

It is not possible to facilitate lessons in some of the approved activities, for these to be assessed video evidence is necessary.

Candidates will be formally assessed in 3 activities, from a set list specified by Edexcel. This can be a combination of 2 team sports + 1 individual sport, or 2 individual sports + 1 team sport.

Each activity can be awarded a maximum of 35 marks (10- skills in isolation, 25- applying skills in competitive situation)

Component 4: Physical Exercise Programme (PEP)

Candidates will need to carry out fitness testing relevant to a chosen sport, then identify a component of fitness that is a weakness to their performance in the chosen sport.

Candidates then plan and carry out an exercise programme with the aim of improving their selected component of fitness, before evaluating and analysing the programme. This work will be carried out independently.

Assessment Objective Overview

Theory assessments will assess students in the following key areas:

AO1: Demonstrate knowledge and understanding

AO2: Apply knowledge and understanding

AO3: Analyse and evaluate factors that underpin performance

AO4: Demonstrate and apply relevant skills and techniques

Expo 2020 'Challenge' Activity – 'Connecting Minds, Creating the future' Opportunity, Mobility, Sustainability

Students will be offered the **opportunity** to participate in a wide range of sports in curriculum lessons, throughout the year. Many of these sports will correlate with the Dubai Schools Sports Leagues.

Students who are interested in pursuing their interest in specific sports can attend the many sporting ECAs and fixtures on offer, providing further opportunities to access **mobility** and make **connections** with local and international schools.

Cross Curricular Links/Projects

ECAs
School Sports Teams
ESM Sports
Fitness First
Circuit Factory

Assessment Format:

Component 3: Will be assessed internally by PE staff. We will also receive a visit from a UK Moderator who will select at random, a select group to be assessed on a separate moderation day (30% of overall course)

Component 4: Coursework will be moderated internally by PE staff, before a random selection are sent to the UK for further moderation (10% of overall course)

Links for Home Learning/Extension Resources:

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www.teachpe.com

www.topendsports.com