



The Grey Coat Hospital

Key Stage Four Curriculum Plan - *Subject: GCSE PE (OCR)*

Year 10

Half Term (HT)	Topic Area / Focus
HT1	Students have three lessons a week, split between two teachers. The two teachers teach separate units: Paper 1: Physical Factors Affecting Performance Paper 2: Socio-Cultural Issues and Sports Psychology Paper 1: 1.1.a Structure and Function of Skeletal System Students will be able to name and locate the major bones of the body and be able to apply examples of how the skeletal system allows the functions such as posture and protection. Students will be able to identify major joints along with the associated articulating bones in the knee, elbow, shoulder and hip. Knowledge will be developed of the types of movement at hinge joints and ball and socket joints, as well as being able to apply these movements to examples from physical activities and sports. Paper 2 Topic Area: Health, Fitness and Wellbeing Students are introduced to the components of health and fitness and how these impact sporting performance and everyday life. Areas covered include physical, emotional and social health, sedentary lifestyles, obesity, somatotypes and lifestyle choices affecting wellbeing. Diet and Nutrition are also introduced during HT1, including balanced diet, macro and micronutrients, hydration and the relationship between nutrition and performance.
HT2	Paper 1: 1.1.b Structure and Function of Muscular System Students will develop their knowledge of the location of the major muscle groups and be able to apply muscle use to examples from physical activities and sport. Students will also develop their knowledge of the roles of muscles as agonists, antagonists, fixators and also how they operate as antagonistic pairs, again by applying to examples from physical activities and sports. Paper 2 Topic Area: Health, Fitness and Wellbeing Students continue developing their understanding of fitness, healthy lifestyles and wellbeing. Theory content is linked closely to practical sport and exam-style questions are introduced regularly to develop written responses and application skills.
HT3	Paper 1: 1.1.d Structure and Function of Cardio-Vascular and Respiratory Systems Students will develop their knowledge and understanding of the structure and function of the cardiovascular system. Blood vessels and blood cells with their pathway through the heart will be understood along with definitions of key cardiac terms. Students will understand the pathway of air through the respiratory system and know the role of the respiratory



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muscles and alveoli during breathing, along with an understanding of key definitions. Students will also be able to define aerobic and anaerobic exercise and be able to give practical examples of aerobic and anaerobic activities.

Paper 2 Topic Area: Sports Psychology

Students study psychological factors that impact performance in physical activity and sport. Topics include characteristics of skilful movement, classification of skills, goal setting, mental preparation, guidance and feedback, information processing and types of practice.

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Half Term (HT)	Topic Area / Focus
HT4	Paper 1: 1.1.c Movement Analysis Students will develop their knowledge of the three classes of lever and will be able to use examples from physical activities and sport to show where these levers might operate to produce movement. Students will become aware of the mechanical advantage provided by levers in movement. Students will know the three planes of movement and be able to give examples of these levers from different physical activities and sports. Frontal, transverse and longitudinal axes of rotation will be recognised by Students who will be able to apply these to examples from physical activities and sports. Paper 2 Topic Area: Sports Psychology Students continue applying sports psychology concepts to practical sporting examples and examination scenarios. Retrieval practice and extended written responses are embedded throughout lessons in preparation for the Year 10 examinations after Easter.
HT5	Year 10 Internal Examinations take place following the Easter holidays. Students sit an assessment paper for Paper 1 and Paper 2 content covered to date. This is a 60 mark paper, for 1 hour. Following examinations, students continue to study: Paper 1: 1.1.e Effects of Exercise on Body Systems Students will develop their knowledge and understanding of the short and long-term effects of exercise on muscles and bones, the heart and the respiratory system. They will be able to apply understanding of these effects to examples from a range of physical activities and sports. Students will be able to collect and use data in this section related to both short-term and long-term effects of exercise. Remaining Paper 2 content areas including:



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	• Socio-cultural influences • Engagement patterns of different social groups • Commercialisation of sport • Ethical and socio-cultural issues in sport • Media and sponsorship in sport
HT6	Paper 1: 1.2a Components of Fitness and 1.2b Applying Principles of Training Students will develop their knowledge and understanding of the components of fitness, including cardiovascular endurance, muscular endurance, speed, strength, flexibility and agility. Students will be able to define each component and be able to apply using a range of practical examples from physical activities and sports. Students will also develop their knowledge of suitable tests for each component. Students will be able to collect and use data related to the identified components of fitness. Continuation of Remaining Paper 2 Content Students complete all remaining Paper 2 theory units and continue to develop exam technique through structured GCSE-style questioning, retrieval tasks and application to practical sport. Preparation begins for the transition into Year 11 coursework and final examination preparation.
Year 11	
Half Term (HT)	Topic Area / Focus
HT1	Paper 1: 1.2c Preventing Injury in Physical Activity and Training Students will develop their knowledge and understanding of the principles of training. They will be able to define each principle and be able to apply each to personal exercise/ training programmes. Students will develop their knowledge and understanding of how to optimise training using the FITT principle and different types of training. Students will develop their knowledge and understanding of the key components and physical benefits of the warm up and cool down applied to physical activities and sports. Students start preparation for their Analysing and Evaluating Performance (AEP) Coursework task Students complete the OCR GCSE PE Analysing and Evaluating Performance coursework component. Lessons focus on performance analysis, identifying strengths and weaknesses, applying theoretical knowledge and evaluating improvement strategies.
HT2	Completion of AEP Coursework Students finalise coursework and teacher assessment requirements. Time is also allocated to revisiting key Paper 2 concepts and identifying individual gaps in knowledge ahead of the revision programme.



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HT3	Paper 1 and 2 Revision Programme Students revisit all Paper 1 and 2 content areas. Revision focuses heavily on exam technique, application of knowledge and extended written responses.
HT4	Intensive GCSE Revision and Examination Preparation Students complete walking-talking mocks, timed examination practice, retrieval activities and structured revision sessions across all Paper 1 and 2 topics. Examination preparation focuses on confidence, exam structure and applying knowledge accurately under timed conditions. ➤ GCSE PE Practical Moderation takes place during HT4 or 5 – students selected by the external moderator
HT5	 ➤ GCSE PE Practical Moderation takes place during HT4 or 5 – students selected by the external moderator ➤ Long answer question exam practice ➤ Exam technique ➤ Recap any content that is identified as a weakness in Paper 1 and 2 ➤ Exam for Paper 1 usually takes place in the final week of the half term, before the May half term holiday ➤ Exam for Paper 2 usually takes place in the first week after the May half term holiday
HT6	No further lessons take place