

Programme of Study: GCSE Physical Education



KS2 / 3 Underpinning Concepts		Year 10	Year 11	KS5 & CEIAG Opportunities	Links to SMSC
Fundamental Movement Skills <ul style="list-style-type: none"> Running, jumping, throwing, catching, balance, coordination Health and Fitness Awareness <ul style="list-style-type: none"> Understanding how exercise benefits body and mind Teamwork and Leadership <ul style="list-style-type: none"> Collaborating, following rules, showing respect Fair Play and Ethics <ul style="list-style-type: none"> Learning honesty, fairness, and respect in games Evaluation and Improvement <ul style="list-style-type: none"> Reflecting on performance and setting goals Communication and Confidence <ul style="list-style-type: none"> Expressing ideas and tactics 	Autumn 1	Sport in Society: Participation, Ethics and Leadership Focus on physical activity, commercialisation, ethics, and leadership skills Theory Focus: <ul style="list-style-type: none"> Physical activity and participation Commercialisation (media in sport) Ethics, drugs, and violence in sport 	Exercise and the Human Body: Systems and Effects Focus on cardiovascular, respiratory systems, and effects of exercise Theory Focus: <ul style="list-style-type: none"> Cardiovascular and respiratory systems Effects of exercise (short and long-term) 	KS5 Academic opportunities: <ul style="list-style-type: none"> A-Level PE, Sport Science, Biology or Psychology BTEC Level 3 Sport or Sport & Exercise Science Health and Social Care Public Services or Uniformed Services Courses Career Pathways: Sport & Fitness Careers Sports Scientist Personal Trainer Physiotherapist Strength & Conditioning Coach Fitness Instructor Performance Analyst Education & Coaching PE Teacher Sports Coach Youth Worker Outdoor Education Leader Health & Wellbeing Nutritionist Public Health Advisor Occupational Therapist Rehabilitation Specialist Media & Business Sports Journalist Marketing Executive (Sport Sector) Event Manager Sports Development Officer Psychology & Support Roles Sports Psychologist Mental Skills Coach Lifestyle Advisor Welfare Officer	Spiritual Development Encourages self-reflection, personal growth, and pride in performance. Builds confidence through goal setting, leadership, and achievement. Promotes belief in oneself and commitment to improvement. Moral Development Explores ethical issues such as sportsmanship, gamesmanship, and the use of performance-enhancing drugs. Reinforces values of honesty, fairness, and integrity in competition and analysis. Encourages responsible decision-making and respect for rules. Social Development Fosters teamwork, communication, and cooperation in both practical and theoretical contexts. Develops leadership skills through sports leadership and peer support. Promotes respect for others and appreciation of diverse abilities and backgrounds. Cultural Development Investigates global sporting traditions, equality, and inclusion. Encourages open-mindedness and appreciation for diversity in sport. Explores the impact of media and commercialisation on sport and society.
	Autumn 2	Practical Focus: <ul style="list-style-type: none"> Sports Leadership development Participation logs and practical research Skills Developed: Leadership, communication, ethical reasoning, and reflective practice	Practical Focus: <ul style="list-style-type: none"> Individual activities and moderation mocks AEP action planning Skills Developed: Physiological understanding, performance analysis, and exam preparation		
	Spring 1	The Body in Motion: Anatomy and Movement Focus on skeletal and muscular systems, joints, and movement types Theory Focus: <ul style="list-style-type: none"> Skeletal and muscular systems Types of movement and joints 	Skill Acquisition and Psychological Preparation Focus on skill classification, goal setting, mental preparation, and feedback Theory Focus: <ul style="list-style-type: none"> Skill classification, goal setting, mental preparation Types of guidance and feedback 		
	Spring 2	Practical Focus: <ul style="list-style-type: none"> Sports Leadership assessments AEP (Analysis of Performance) introduction Skills Developed: Anatomical knowledge, movement analysis, planning and evaluation	Practical Focus: <ul style="list-style-type: none"> AEP assessments and sports analysis Skills Developed: Psychological strategies, coaching techniques, and reflective evaluation		
	Summer 1	Training for Performance: Principles and Practice Focus on biomechanics, training principles, injury prevention, and coaching Theory Focus: <ul style="list-style-type: none"> Lever systems, planes and axes Training principles and injury prevention 	Health, Wellbeing and Exam Mastery Focus on diet, nutrition, revision, and exam technique Theory Focus: <ul style="list-style-type: none"> Diet, nutrition, and health & wellbeing Revision and exam practice 		
	Summer 2	Practical Focus: <ul style="list-style-type: none"> Warm-ups, optimising training, and session planning Skills Developed: Application of training theory, risk assessment, and coaching skills	Practical Focus: <ul style="list-style-type: none"> Final moderation, individual activities, and NEA completion Skills Developed: Holistic health understanding, exam technique, and personal reflection		