

Skills- Key stage 4 Physical Education (GCSE)



Year	<u>Term 1</u> →	<u>Term 2</u> →	<u>Term 3</u> → Roding Valley
Year 10	<p>Topic- Component 01: Physical factors affecting performance Skill- Recall, Written (Recall, Describe, Explain) Assessment- End of topic test followed by: Self Assessment (written and practical feedback) Peer Assessment (commenting on technique and practical examples) Teacher Assessment (overall feedback – spelling, presentation, quality/content)</p> <p>Topic- Component 01: Applied anatomy and physiology Skill- Recall, Written (Evaluate and Explanation), Assessment- End of topic test followed by: Self Assessment (written and practical feedback) Peer Assessment (commenting on technique and practical examples) Teacher Assessment (overall feedback – spelling, presentation, quality/content)</p>	<p>Topic- Component 01: Physical training. Skill- Recall, Written (Explanation), Assessment- End of topic test followed by: Self Assessment (written and practical feedback) Peer Assessment (commenting on technique and practical examples) Teacher Assessment (overall feedback – spelling, presentation, quality/content)</p> <p>Topic- Component 01: Physiological adaptations that can occur due to diet and training. Skill- Recall, Written (Explanation), Data handling (interpretation of graphs) Assessment- End of topic test followed by: Self Assessment (written and practical feedback) Peer Assessment (commenting on technique and practical examples) Teacher Assessment (overall feedback – spelling, presentation, quality/content)</p>	<p>Topic- Component 01: Principles of training, why we train in different way Skill- Recall, Written (Explanation) Assessment- End of topic test followed by: Self Assessment (written and practical feedback) Peer Assessment (commenting on technique and practical examples) Teacher Assessment (overall feedback – spelling, presentation, quality/content)</p> <p>Topic- Component 01: Training plans can be made to optimise results Skill- (Recall, Describe, Explain) Assessment- End of topic test followed by Self Assessment (reflecting on own written work) Teacher Assessment (overall feedback – spelling, presentation, quality/content)</p>
Year 11	<p>Topic- Component 02 Socio-cultural influences Skill- Recall, Written (Explanation), Assessment- End of topic test followed by: Self Assessment (written and practical feedback) Peer Assessment (commenting on technique and practical examples) Teacher Assessment (overall feedback – spelling, presentation, quality/content)</p> <p>Topic- Component 02 Sports psychology Skill- Recall, Written (Explain and Compare), Assessment- End of topic test followed by: Self Assessment (written and practical feedback) Peer Assessment (commenting on technique and practical examples) Teacher Assessment (overall feedback – spelling, presentation, quality/content)</p>	<p>Topic- Component 02 Health , Fitness and Welbeing Skill- Recall, Written (Explanation) Assessment- End of topic test followed by: Self Assessment (written and practical feedback) Peer Assessment (commenting on technique and practical examples) Teacher Assessment (overall feedback – spelling, presentation, quality/content)</p> <p>Topic- Component 02 commercialisation, sponsorship and the media. Skill- Recall, Written (Explanation) Assessment- End of topic test followed by: Self Assessment (written and practical feedback) Peer Assessment (commenting on technique and practical examples) Teacher Assessment (overall feedback – spelling, presentation, quality/content)</p>	

