

OCR GCSE PE (J587) two year outline.

Year 10

Term	1	2	3	4	5	6
Learning Area	1.1 Structure and Function Skeletal system. 1.1 Muscular System	1.1 Cardiovascular and Respiratory systems.	1.1 Effects of exercise on body systems.	1.2 Components of fitness.	1.2 Applying the principles of training. 1.2 Preventing Injury	AEP (coursework) Support and development.
Assessment	End of unit test	End of unit test	End of unit test	End of unit test	End of unit test	End of year test
Practical	Table Tennis	Netball	Football	Volleyball	Tennis	Cricket

Year 11

Term	1	2	3	4	5	6
Learning Area	AEP writing 2.1 Engagement patterns	2.1 Commercialisation of physical activity 2.1 Ethical and socio-cultural issues	2.2 Sports Psychology 2.3 Health, Fitness and Wellbeing	Revision	Revision	Examination Term
Assessment	End of unit test Mini assessment activity	Full Mock Mini assessment activity	End of unit test Mini assessment activity	Full Mock Mini assessment activity	Exam 1/2	Exam 1/2
Practical	Rugby	Badminton	Moderation preparation	Moderation Window	Moderation Window	Practical's cease to increase Examination study time.

Students participating in offsite activity need to gain filmed evidence to support their assessments in chosen sports.

Final practical assessment will include 1 team sport, 1 individual sport and a 3rd sport which can be either team or individual.