GCSE PE

Exam Board & course code			
Edexcel GCSE PE 1PE0			
Topics that will be taught			
Year Group	Autumn Term	Spring Term	Summer Term
Year 10	***Topic- Anatomy and Physiology-*** **1.1 The Skeletal System** • **Functions**: support, protection, movement, mineral storage, blood cell production. • **Types of Bones**: long (femur), short (tarsals), flat (cranium), irregular (vertebrae). • **Joints**: hinge (elbow/knee), ball & socket (shoulder/hip). • **Movement at Joints**: flexion, extension, rotation, abduction, adduction, circumduction. **1.2 The Muscular System** • **Antagonistic pairs**: e.g., biceps & triceps during flexion/extension. • **Types of muscle fibres**: ○ **Type I**: slow-twitch, endurance. ○ **Type IIa**: fast oxidative, medium intensity. ○ **Type IIx**: fast glycolytic, explosive. **1.3 Cardiovascular System** • **Components**: heart, blood vessels, blood. • **Double circulatory system**: pulmonary & systemic. • **Cardiac cycle**: systole/diastole, stroke volume, heart rate, cardiac output. **1.4 Respiratory System**	***Topic 2- Movement Analysis*** **2.1 Lever Systems** • **First class**: fulcrum in the middle (e.g., neck extension). • **Second class**: load in the middle (plantar flexion at ankle). • **Third class**: effort in the middle (most movements, e.g., bicep curl). Terms to know: **fulcrum, load, effort, mechanical advantage/disadvantage**. **2.2 Planes & Axes of Movement** • **Sagittal plane / transverse axis** → running, forward rolls. • **Frontal plane / sagittal axis** → jumping jacks. • **Transverse plane / longitudinal axis** → full twist in gymnastics ***Topic 3- Physical Training*** **3.1 Components of Fitness** • **Health-related**: cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition. • **Skill-related**: agility, balance, coordination, power, reaction time, speed. **3.2 Fitness Testing**	***Topic 3- Physical Training Continued….*** **3.3 Principles of Training** • **SPORT**: Specificity, Progressive overload, Reversibility, Overtraining, Tedium. • **FITT**: Frequency, Intensity, Time, Type. **3.4 Types of Training** • Continuous training • Interval training • Fartlek • Circuit training • Weight/resistance training • Plyometrics • HITT ***Component 4 Introduced- Personal Exercise Programme (Coursework)*** **What the PEP Includes (summary):** **1. Initial Fitness Testing** • Students carry out relevant fitness tests linked to their chosen sport. • Baseline data identifies the fitness component they will develop. **2. Planning the Six-Week Programme**

	• **Pathway of air**: mouth → trachea → bronchi → bronchioles → alveoli. • **Gas exchange**: diffusion of O_2 and CO_2. • **Tidal volume, vital capacity, breathing rate**. **1.5 Effects of Exercise** • Short-term: increased heart rate, breathing rate, body temperature. • Long-term: hypertrophy, increased stroke volume, stronger diaphragm, lower resting HR	Examples: • Multi-stage fitness test → cardiovascular fitness • Handgrip dynamometer → strength • 30m sprint → speed • Illinois test → agility	• Selection of an appropriate training method (e.g., interval, fartlek, circuit). • Application of **FITT** and **SPORT** principles to structure and justify the training plan. **3. Training Diary** • Weekly log showing session content, intensity, progression and personal reflections. **4. Final Fitness Testing** • Baseline tests repeated to measure improvement and gather comparison data. **5. 1,500-Word Coursework Essay** The written PEP must: • Describe and justify the training programme • Present baseline and final test data • Explain how training principles were applied • Analyse how and why performance improved • Include evaluation and suggestions for future development This will support their paper 2 exam- 9 marker
Year 11	***Topic 4- Health, Exercise, Wellbeing*** **4.1 Physical, Emotional & Social Health** • Physical: efficiency, reduced illness. • Emotional: stress management, confidence. • Social: belonging, teamwork, communication. **4.2 Fitness vs Health** • Fitness = physical capability. • Health = overall wellbeing.	***Topic 6- Social- Cultural*** **6.1 Engagement Patterns** How participation varies by: • Age • Gender • Ethnicity • Disability • Socio-economic group	

	• Good fitness contributes to good health but they are not the same. **4.3 Lifestyle Choices** • Diet • Activity levels • Alcohol • Smoking • Sleep **4.4 Nutrition** • **Macronutrients**: carbs, fats, proteins. • **Micronutrients**: vitamins, minerals. • **Hydration**: importance for temperature control and joint lubrication. ***Topic 5- Sports Psychology***	**6.2 Commercialisation of Sport** • **Golden triangle**: sport, media, sponsorship. • Positive/negative impacts on performers, officials, the sport, and spectators. **6.3 Ethical Issues** • Gamesmanship • Sportsmanship • Performance-enhancing drugs (PEDs) • Match fixing **6.4 Technology in Sport** • Hawk-Eye, VAR, goal-line tech, wearables. • Pros/cons for players, officials, spectators.	

	5.1 Skill Classification
	
	• **Basic ↔ complex**
	• **Open ↔ closed**
	• **Self-paced ↔ externally paced**
	
	5.2 Goal Setting (SMART)
	
	• Specific, Measurable, Achievable, Realistic, Time-bound.
	
	5.3 Types of Guidance
	
	• Visual
	• Verbal
	• Manual
	• Mechanical
	
	5.4 Types of Feedback
		7. Use of Data
		
		• Interpreting graphs/tables.
		• Calculating:
		  ○ **Averages**
		  ○ **Percentages**
		  ○ **Heart rate zones**
		  ○ **Differences & trends**	

	• Intrinsic/extrinsic • Knowledge of results/performance • Positive/negative **5.5 Arousal & Anxiety** • **Inverted-U theory** • **Somatic anxiety** (physical) • **Cognitive anxiety** (mental)		

What parents can do to support learning	Useful links and reference materials
1. Supporting Theory Content • Encourage short, regular revision sessions using class notes and revision guides. • Past papers, support marking with mark scheme **2. Encouraging Physical Activity** • Support involvement in sports clubs, training, or physical activity routines. **3. Practical Performance Support** • Help gather any required video evidence for practical assessment in outside sports. **4. Supporting the PEP (Personal Exercise Programme)** • Provide time and space for students to complete their six-week training plan.	The EverLearner — provides video lessons, mock exams, model answers and infographics for GCSE PE revision. Edexcel GCSE (9-1) PE Student Book 2nd Edition