

Roundwood Park School

KS4 PHYSICAL EDUCATION (OCR)



The aims and objectives of GCSE Physical Education are to enable students to:

- Plan, organise and reflect, so that their performance is continually progressing.
- Have high expectations and personal standards.
- Have high levels of determination and perseverance through challenge.
- Work collaboratively and communicate effectively.
- Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- Understand how the physiological and psychological state affects performance in physical activity and sport
- Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/ or compositional ideas
- Understand the contribution which physical activity and sport make to health, fitness and well-being
- Understand key socio-cultural influences which can affect people's involvement in physical activity and sport.

Assessment objectives:

Assessment Objectives	
AO1	Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
AO2	Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
AO3	Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.
AO4	<ul style="list-style-type: none">• Demonstrate and apply relevant skills and techniques in physical activity and sport.• Analyse and evaluate performance.



The 2019/20 version is included below as an example (see bottom of the sheet). The GCSE PE activities focus more on those sports that are deliverable to mixed classes, with core PE used for GCSE students to access sporting activities that must be played separately.

PE ACTIVITY ROTATIONS (KS3 AND GCSE PE) 2019-2020

3rd Sept (1/2 week)	23rd SEPT (8)	21st OCT (8)	25th NOV (8) EXAMS IN HALL		6th JAN (8)	3rd FEB (8)	2nd MAR (8)		20th APRIL (Max 10)	3rd June (8) EXAMS IN HALL	1st JUNE (8) EXAMS IN HALL		
ID & Rugby (1 week at camp)	BBall - SH		Football	CHRISTMAS BREAK Mon 23rd December to Friday 3rd January.	HRF	TT - old gym	Dance - Studio	EASTER BREAK Mon 6th April to Tues 17th April.	Athletics	Cricket	Tennis		
ID & Netball	Football		gymnastics (gym)		TT - old gym	Dance (studio)	HRF		Athletics	Tennis	Rounders		
ID & Rugby (1 week at camp)	Bball - gym		Football		HRF	TT - old gym	Dance - Studio		Athletics	Cricket	Tennis		
ID & Netball	Football		gymnastics (SH)		TT - old gym	Dance (studio)	HRF		Athletics	Tennis	Rounders		
ID & Rugby (1 week at camp)	BBall - SH		Football		HRF	TT - gym	Dance - Studio		Athletics	Cricket	Tennis		
ID & Rugby	BBall - gym		Football		HRF	Dance- Studio	TT - gym		Athletics	Tennis	Cricket		
ID & Netball	Football		TT - old gym		gymnastics (SH)	HRF	Dance (SH)		Athletics	Rounders	Cricket		
ID & Netball	Football		gymnastics (SH)		TT - old gym	Dance (SH)	HRF		Athletics	Cricket	Rounders		
Fitness	BBall - SH	Badminton (SH)	Rugby		HRF	Football	TT - old gym		Athletics	Cricket	Tennis		
Fitness	BBall - gym	TT - old gym	Rugby		HRF	Football	Badminton (SH)		Athletics	Rounders	Cricket		
Fitness	Netball	Dance - studio	HRF		Tag rugby	Badminton (SH)	Football		Athletics	Tennis	Rounders		
Fitness	BBall - SH	Badminton (SH)	Rugby		HRF	Football	TT - old gym		Athletics	Cricket	Rounders		
Fitness	BBall - gym	TT - old gym	Rugby		HRF	Football	Badminton (SH)		Athletics	Rounders	Cricket		
Fitness	Netball	Dance - studio	HRF		Tag rugby	Badminton (SH)	Football		Athletics	Tennis	Rounders		
Fitness	BBall - SH	Rugby	Badminton (SH)		HRF	Football	TT - gym		Athletics	Cricket	Rounders		
Fitness	BBall - gym	Rugby	HRF		TT - old gym	Football	Badminton (SH)		Athletics	Tennis	Cricket		
Fitness	Netball	HRF	Dance - Studio		Tag rugby	Badminton (SH)	Football		Athletics	Cricket	Tennis		
Fitness	Netball	Badminton (SH)	HRF		Tag rugby	Dance- Studio	Football		Athletics	Rounders	Cricket		
Netball	Rugby	Badminton (SH)	HRF		Bball (SH)	Football	TT (gym)		Athletics	Cricket	Tennis		
Rugby	Netball	Dance - Studio	Trampoline (gym)		HRF	Badminton (SH)	Football		Athletics	Rounders	Cricket		
Netball	Rugby	Badminton (SH)	HRF		Bball (SH)	Football	TT (gym)		Athletics	Cricket	Tennis		
Rugby	Netball	Dance - studio	Trampoline (gym)		HRF	Badminton (SH)	Football		Athletics	Rounders	Cricket		
Netball	Badminton (SH)	Rugby	HRF		TT - old gym	Football	Bball (SH)		Athletics	Tennis	Cricket		
Netball	TT - old gym	Rugby	HRF		Badminton (SH)	Football	Bball (gym)		Athletics	Cricket	Rounders		
Rugby	Netball	Trampoline (gym)	Dance - SH		HRF	Badminton (SH)	Football		Athletics	Rounders	Tennis		
Rugby	Netball	Badminton (SH)	Dance - Studio		HRF	Trampoline (gym)	Football		Athletics	Cricket	Rounders		
Badminton	Netball	Netball	COF 1(SH/gym)			COF 2 - fit suite	mon: SH, Thur: gym		Football		Athletics	Athletics	Badminton (SH)
Badminton	Netball	Netball	COF 1(SH/gym)			COF 2 - fit suite	Wed: SH Thur: gym		Football		Athletics	Athletics	Badminton (SH)
Volleyball	C/w - Netball/Bad	Rug/IB + MOCK	MOCKS then AEP			AEP	Pract: group dep		Exam/mod prep				
Volleyball	C/w - Netball/Bad	Rug/IB + MOCK	MOCKS then AEP			AEP	Pract: group dep		Exam/mod prep				

Depending on timetabling, space availability and relative strength of cohort in relation to sports most likely to be carried. A timetable is designed annually to allow students to access a range of 'on site activities'. Students are given at least two opportunities through the course to be assessed in these 'on site activities'.

The core games PE rotations for year 10 and 11, allow some time for GCSE students to access sporting activities where a split gender approach is more appropriate.

Year 10 PE Rotations 2019-2020 X and Y				
X Y	1	2	3	4
Rotation 1 6 th Sept 27 th Sept	Badminton Sportshall	Football Astro	Netball Outside	Fitness Suite
Rotation 2 30 th Sept 20 th Oct	Table Tennis Gym	Rugby Outside	Basketball Sportshall (Dance Studio Free)	Netball Outside
Rotation 3 4 th Nov 20 th Nov	Rugby Outside	Badminton Sportshall	Football Astro	Dance Studio
Rotation 4 2 nd Dec 20 th Dec	Basketball Sportshall	Fitness Suite	Badminton Sportshall	Trampoline Gym
Christmas Holidays 6 th Jan 31 st Jan	Fitness Suite	Table Tennis Hall	Rugby Outside	Badminton Sportshall
Rotation 5 2 nd Feb 10 th March	Football Astro	Basketball Sportshall	Fitness Suite (Dance Studio Free)	Basketball Gym
Rotation 6 9 th March 29 th April	Volleyball Sportshall	Football Astro	Table Tennis Gym	Fitness Suite/ Dance Studio
EASTER – Mocks 23 rd April – 27 th				
Rotation 7 30 th April 20 th May	Athletics Outside	Athletics Outside	Athletics Outside	Athletics Outside
Half Term 1 st June 10 th June	Tennis	Cricket	Rounders	Cricket
Enrichment Week 20 th June 27 th July	Cricket/ Rounders	Alternative Sports Outside	Cricket	Alternative Sports Outside

Year 11 PE Rotations 2019-20								
	1	2	3	4	1	2	3	4
6/9, 13/9, 20/9	Rugby Outside	Rugby Outside	Badminton Sportshall	Football Astro	Swimming Pool	Fitness Suite	Table Tennis Hall	Basketball Gym
4/10, 11/10, 18/10	Swimming Pool	Table Tennis Hall	Football Astro	Basketball Gym	Netball Outside	Badminton Sportshall	Fitness Dance	Fitness Suite
25/10, 15/11, 22/11	Table Tennis Hall	Swimming Pool	Basketball Gym	Fitness Suite	Football Astro	Netball Outside	Badminton Hall	Netball Outside
29/11, 6/12, 13/12	Football Astro	Basketball Sportshall	Fitness Suite	Table Tennis Gym	Fitness Dance Studio	Swimming Pool	Netball Outside	Swimming Pool
10/1, 17/1, 31/1	Badminton Sportshall	Football Astro	Table Tennis Hall	Swimming Pool	Netball Outside	Fitness Dance	Trampoline Gym	Fitness Dance
28/2, 6/3, 13/3	Basketball Gym	Badminton Sportshall	Swimming Pool	Football/Rugby Grass	Fitness Suite	Football Astro	Football Astro	Football Astro
20/3, 27/3, 24/4 *House Rounders – 1/5	Football Astro	Football Astro	Football/Rugby Grass	Badminton Sportshall	Gym/Dance/ Outside	Gym/Dance/ Outside	Swimming Pool	Gym/Dance/ Outside

OCR coursework guidance outlines the requirements of GCSE PE students in the activities that can be used. These outlines are used to ensure that students are taught what they require. The more complex/advanced skills receive more time through the upper school, with the simpler/core skills covered more effectively through KS3 when students are younger. Students can also submit video evidence, and/or book a personal assessment opportunity linked to 'off site' activities.

Link to OCR GCSE PE page with key documents:

<https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/>

THEORY DELIVERY AND ASSESSMENT (AO1, AO2, AO3 + AO4 (EAP written coursework component):

Year / term	Unit of work	Assessment
Year 10 Autumn Term Physical factors affecting performance	Applied anatomy and physiology (paper 1) The structure and function of the skeletal system <ul style="list-style-type: none"> - Location of major bones and the Functions of the skeleton - Types of synovial joint and Types of movement at hinge joints and ball and socket (2 lessons) - The components of synovial joints - The structure and function of the muscular system <ul style="list-style-type: none"> - Location of major muscle groups - The roles of muscle in movement - Movement analysis <ul style="list-style-type: none"> - Lever systems (2 lessons) - Planes of movement and axes of rotation (2 lessons) - Physical training <ul style="list-style-type: none"> - The components of fitness - Fitness testing and data collection - 5 components (you can pick which 5 go together) - 5 components 	<ul style="list-style-type: none"> - Pop/vocal tests on key AO1 content - Book check - Work scrutiny - Home learning tasks - Exam questions in class - Test in mid/end October for the core report report after half term (AO1, 2 and 3) - Test end of December for the Interim A report in January (AO1, 2 and 3)
Super Curricular	Research local jobs in sport like physiotherapy and dietitians.	

Year / term	Unit of work	Assessment
Year 10 Spring Term	<ul style="list-style-type: none"> - Principles of training (2 lessons) - Optimising training - Types of training (2 lessons) - Warming up - Cooling down - Preventing injuries - Potential hazards - The cardiovascular system <ul style="list-style-type: none"> - The structure of the heart - The pathway of blood/double circulatory system - The blood vessels - Cardiac values - The respiratory system <ul style="list-style-type: none"> - The pathway of air - The role of the muscles in breathing - Respiratory values - Alveoli- Gas exchange - Aerobic and anaerobic exercise - The short term effects of exercise (x2) data - The long term training effects of exercise (x2) 	<ul style="list-style-type: none"> - Pop/vocal tests on key AO1 content - Book check - Work scrutiny - Home learning tasks - Exam questions in class - Test end of April for the Interium B report in January (AO1, 2 and 3)
Super Curricular	The Sports Gene: Inside the Science of Extraordinary Athletic Performance- David Esptein	

Year / term	Unit of work	Assessment
Year 10 Summer Term	Social – cultural influences (Paper 2) <ul style="list-style-type: none"> - Physical activity and sport in the uk - Factors affecting participation in physical activity & sport (x2) - Strategies to improve participation - Participation case studies - The commercialisation of physical activity and sport - Commercialisation of sport and physical activity (2 lessons) - Ethics in sport Drugs in sport	<ul style="list-style-type: none"> - Pop/vocal tests on key AO1 content - Book check - Work scrutiny - Home learning tasks - Exam questions in class - Test end of June for the Interim C full report in January (AO1, 2 and 3)
Super Curricular	Watch: The Program (2015): Watch; Bats, Balls & Bradford Girls – BBC Documentary, Eat Sweat Play –Anna Kessel Watch: The Program (2015)	

Year / term	Unit of work	Assessment
Year 11 Autumn Term	Sports Psychology <ul style="list-style-type: none"> - Characteristics of skilful movement - Classification of skills - Goal setting - SMART Mock exam revision and preparation. EAP COURSEWORK DELIVERY, PREPARATION AND COMPLETION (10% of final mark)	<ul style="list-style-type: none"> - Pop/vocal tests on key AO1 content - Book check - Work scrutiny - Home learning tasks - Exam questions in class - Mock exam beginning year 11 (AO1, 2 and 3) progress A report beginning of December. - Analysing and Evaluating Performance task (AEP) coursework.
Super Curricular	The champions mind – Jim Afremow	

Year / term	Unit of work	Assessment
Year 11 Spring Term	<ul style="list-style-type: none"> - Mental preparation - Types of guidance - Types of feedback <p>Health, Fitness and well being</p> <ul style="list-style-type: none"> - Health and well being and the benefits of physical activity (x2) - Health fitness and well being for different age groups - Diet and nutrition (x2) - Water hydration <p>Revisit topics Exam technique Revision process.</p>	<ul style="list-style-type: none"> - Finishing AEP coursework. - Pop/vocal tests on key AO1 content - Book check - Work scrutiny - Home learning tasks - Exam questions in class - Test in February (AO1, 2 and 3) progress B report - Moderation of practical activities (March to May)
Super Curricular	<p>Bounce – Matt Syed</p> <p>Mind games – Annie Vernon</p> <p>Find a way- Diana Nyad</p> <p>Listen to/watch: Ted Talks; Mental toughness, mental health, confidence, power of resilience</p>	