



Head of Department: Mr S. Henderson

Year 9

In GCSE PE we follow the OCR syllabus which comprises 40% practical and 60% theory. Pupils will be taught in a variety of practical and theory lessons. Theoretical topics studied include Skeleton, Muscles, Fitness training, drugs in sport, sponsorship and media. In practical lessons pupils are introduced to a variety of activities, improving their skills and tactical awareness.

OCR	Autumn 1	Autumn 2
Focus/Context for Learning	1.2a Components of fitness	1.2b Applying the principles of training
	Spring 1	Spring 2
Focus/Context for Learning	1.2c Preventing injury in physical activity and training	2.3 Health fitness and well-being
	Summer 1	Summer 2
Focus/Context for Learning	2.1b Commercialisations of physical activity and sport	NEA Coursework



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OCR

Focus/Context for Learning

Autumn 1

2.1a Engagement patterns of different social groups in physical activities and sports

1.1a The structure and function of the skeletal system

Autumn 2

1.1b The structure and function of the muscular system

1.1c Movement analysis

Focus/Context for Learning

Spring 1

1.1d The cardiovascular and respiratory systems

Spring 2

2.1c Ethical and socio-cultural issues in physical activity and sport

Focus/Context for Learning

Summer 1

GCSE Coursework Focus – practical and theory

Summer 2

Recap on previous topics covered throughout the year



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OCR	Autumn 1	Autumn 2
Focus/Context for Learning	1.1e The effects of exercise and the body systems 2.3 Health fitness and well-being	2.2 Sport psychology GCSE Coursework Focus – practical and theory
	Spring 1	Spring 2
Focus/Context for Learning	GCSE Coursework Focus – practical and theory	Exam preparation and extended question practice.
	Summer 1	Summer 2
Focus/Context for Learning	Exam preparation and extended question practice.	