



Edgbarrow School  
**Year 10**  
**GCSE Physical Education**



**Curriculum Intent**

*Inspire long term healthy active lifestyles. To equip pupils with the skills, knowledge and confidence for lifelong participation in sport and exercise.*

- **What am I studying this year?**
- **When and how will I be assessed?**

Topic	Time of year	Assessment
Anatomy and Physiology	Autumn Term	50 mark assessment
Movement Analysis	Spring Term	50 mark assessment
Physical Training	Spring/Summer Term	50 mark assessment
Sports Psychology	Summer Term (continued into year 11)	
NEA – Analysis and Evaluation	Summer Term	25 mark NEA

**Year 11 Assessment:** Date TBC

**You need to revise the following:**

- Cardiovascular System*
- Respiratory System*
- Musculoskeletal System*
- Anaerobic and Aerobic exercise*
- Levers*
- Muscle Action*
- Planes and Axis*
- Components of Fitness*
- Fitness Testing*
- Principles of Training*
- Types of training*

**This can all be accessed from:**

Exercise books, Revision guides, BBC Bitesize, GCSEPod

**Marking for literacy**

Longer answers and written work will be marked for at least one of the below, your teachers will tell you which.

- Sp – Spelling mistake of key term
- // - Needed new paragraph
- C – Capital letter missing
- P – Punctuation needed

**Expected presentation of work**

- Take care of your book.
- Title and date all work.
- Write as neatly as you can in pen.
- Cross through neatly any rough/incorrect work.
- Stick all sheets in yourself.
- Diagrams, graphs, drawings should all be done in pencil.