GCSE PE Year 11 Curriculum End Points and key vocabulary

Paper 1 - Anatomy

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1
Unit of Work	Apply the Principles of Training and Preventing Injury	Begin Coursework	Finish Coursework and Practical Elements	Revision	Revision
Ethos Links	STEM – science of the body Learning habits: Thinking /Questioning /Evaluating /Analysing	Character – Resilience / commitment Learning habits: Planning / perseverance	Character – Resilience / commitment Learning habits: Planning / perseverance	STEM – science of the body Character – Resilience Learning habits: learning from mistakes / questioning	STEM – science of the body Character – Resilience Learning habits: learning from mistakes / questioning
Knowledge	By the end of this unit students will know and understand: - The key components of a warm up / cool down - Understand the physical benefits for a warm up / cool down. - Learning how risks can be minimised in sport.	By the end of this unit students will know and understand: - Analysing and evaluating performance of a sports performer.	By the end of this unit students will know and understand: Analysing and Evaluating Performance of a sports performer. Ensure students have 3 sports scores to the best of their ability.	By the end of this unit students will know and understand: - Have knowledge of the whole specification / exam papers	By the end of this unit students will know and understand: - Have knowledge of the whole specification / exam papers
Key Vocabulary	Pulse raising / mobility / stretching / dynamic movements / skill rehearsal / flexibility of muscles and joints / pliability of ligaments and tendons / blood flow and oxygen to muscles / speed of muscle contraction / resting state / circulation of blood and oxygen / reduces breathing rate / removal of	Cover sections: Evaluation, Analysis, Overview, Assessment, Movement analysis, Action plan.	Evaluation, Analysis, Overview, Assessment, Movement analysis, Action plan. Ensure practical grades are ready to be submitted to OCR with sufficient evidence		

	waste products / reduce of muscle soreness / aids recovery / personal protective equipment				

Paper 2 (Socio-cultural)

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1
Unit of Work	Diet and nutrition	Begin Coursework	Finish Coursework and Practical Elements	Revision	Revision
Ethos Links		Character – Resilience / commitment Learning habits: Planning / perseverance	Character – Resilience / commitment Learning habits: Planning / perseverance	Character – Resilience Learning habits: learning from mistakes / questioning	Character – Resilience Learning habits: learning from mistakes / questioning
Knowledge	By the end of this unit students will know and understand: - The definition of a balanced diet. - The components of a balanced diet and how much of each are needed. - Compare different diets of different sports performers.	By the end of this unit students will know and understand: - Analysing and evaluating performance of a sports performer.	By the end of this unit students will know and understand: Analysing and Evaluating Performance of a sports performer. Ensure students have 3 sports scores to the best of their ability.	By the end of this unit students will know and understand: - Have knowledge of the whole specification / exam papers	By the end of this unit students will know and understand: - Have knowledge of the whole specification / exam papers
Key Vocabulary	Carbohydrates / proteins / fats / minerals / vitamins / fibre / water / hydration Balanced diet / energy input and output	Cover sections: Evaluation, Analysis, Overview, Assessment, Movement analysis, Action plan.	Evaluation, Analysis, Overview, Assessment, Movement analysis, Action plan. Ensure practical grades are ready to be submitted to OCR with sufficient evidence		