

## Year 10 OCR GCSE PE Theory – Year 1

Term 1	Week 1 03/09	Week 2 10/09	Week 3 17/09	Week 4 24/09	Week 5 01/10	Week 6 08/10	Week 7 15/10	Week 8 29/10	Week 9 05/11	Week 10 12/11	Week 11 19/11	Week 12 26/11	Week 13 03/12
Topic	1.2.b. Applying the principles of training	1.2.b. Applying the principles of training	1.2.b. Applying the principles of training	1.2.b. Applying the principles of training	2.1.b. Commercialisation of physical activity and sport	2.1.b. Commercialisation of physical activity and sport	2.2 Sports psychology	2.2 Sports psychology	2.2 Sports psychology	2.2 Sports psychology and 2.1.b. Commercialisation of physical activity and sport	2.1.b. Commercialisation of physical activity and sport	2.3 Health, fitness and well-being	2.3 Health, fitness and well-being
Key objectives	2 theory lessons and 1 practical (TBA) Apply principles of training to personal exercise/ training programme	1 theory lessons and 2 practical (TBA) Optimising training Practical on types of training	3 practical lessons on types of training	2 theory lessons and 1 practical Key components of a warm up and cool down, practical on warm up and cool down	2 theory lessons and 1 practical (TBA) 1 lessons on commercialisation in sport and 1 assessment lessons for DD1	2 theory lessons and 1 practical (TBA) 2 lessons on commercialisation in sport	2 theory lessons and 1 practical 1 lesson on characteristics of skilful movement and 1 lesson on classification of skills PRACTICAL on classification of skills	2 theory lessons and 1 practical 2 lessons on goal setting PRACTICAL on goal setting	2 theory lessons and 1 practical (TBA) 1 lesson on mental preparation, 1 lesson on types of guidance	2 theory lessons and 1 practical (TBA) 1 lesson on types of feedback and 1 lesson and 1 lesson on ethics in sport	2 theory lessons and 1 practical (TBA) 1 lesson on drugs in sport and 1 lesson on violence in sport	2 theory lessons and 1 practical (TBA) 1 lesson on health, fitness, healthy lifestyle and 1 lesson on emotional and well being	2 theory lessons and 1 practical (TBA) 1 lesson on diet – carbohydrates, fats and proteins and 1 lesson on vitamins, minerals, water and hydration
Assessment		STAR Mark - 6 mark question on Components of fitness			Y10 DD1	DD1 Moderation	Y10 DD1 Deadline	Parents evening 01/11	STAR Mark - 4 mark question on commercialisation in sport				
Homework													
Term 2	Week 14 10/12	Week 15 17/12	Week 16 07/01/19	Week 17 14/01/19	Week 18 21/01/19	Week 19 28/01/19	Week 20 04/02/19	Week 21 11/02/19	Week 22 25/02/19	Week 23 04/03/19	Week 24 11/03/19	Week 25 18/03/19	Week 26 25/03/19
Topic	2.3 Health, fitness and well-being	2.3 Health, fitness and well-being	2.1.a. Engagement patterns of different social groups in physical activities and sport	2.1.a. Engagement patterns of different social groups in physical activities and sport	2.1.a. Engagement patterns of different social groups in physical activities and sport	2.1.a. Engagement patterns of different social groups in physical activities and sport	2.1.a. Engagement patterns of different social groups in physical activities and sport	1.3.c. Preventing injury in physical activity and training	1.3.c. Preventing injury in physical activity and training	1.1.d. The CV and respiratory systems	1.1.d. The CV and respiratory systems	1.1.d. The CV and respiratory systems	1.1.e. Effects of exercise on body systems

