

Year 9 OCR GCSE PE Theory – Year 1 – 2 practical lessons and 1 theory per week

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	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	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	1.2.b. Applying the principles of training	
Key objectives	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on Apply principles of training to personal exercise/ training programme	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on Apply principles of training to personal exercise/ training programme	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on optimising training	1 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on Types of training, 1 practical on the type of training covered	1 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on Types of training, 1 practical on the type of training covered	1 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on Types of training, 1 practical on the type of training covered	1 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on Types of training, 1 practical on the type of training covered	1 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on Types of training, 1 practical on the type of training covered	1 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on Types of training, 1 practical on the type of training covered	1 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on Types of training, 1 practical on the type of training covered	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on the key components of a warm up and cool down, practical on warm up and cool down	1 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 2 practical lessons on practical ideas for a warm up and cool down devised by the students and led to small groups	1 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 2 theory lessons devising a personal exercise programme to be undertaken over 9 lessons including PRE and POST Assessment	3 PRACTICAL lessons on PEP including pre assessment and 2 sessions that they have planned (FIT SUITE required)
Assessment				STAR Mark - 4 mark question on Optimising training				STAR Mark - 6 mark question on Types of training						
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	1.2.b. Applying the principles of training	1.2.b. Applying the principles of training	1.2.b. Applying the principles of training		2.3 Health, fitness and well-being	2.3 Health, fitness and well-being	2.3 Health, fitness and well-being	2.3 Health, fitness and well-being	2.2 Sports psychology	2.2 Sports psychology	2.2 Sports psychology	2.2 Sports psychology	2.2 Sports psychology	

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Key objectives	3 PRACTICAL lessons on PEP including pre assessment and 2 sessions that they have planned (FIT SUITE required)	3 PRACTICAL lessons on PEP including post assessment and 2 sessions that they have planned (FIT SUITE required)	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on recap of principles and types of training	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory for ASSESSMENT of principles of training for DD1	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on the definitions of health, fitness and well-being and the physical consequences of a sedentary lifestyle	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on the social and emotional consequences of a sedentary lifestyle	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on applying physical, social and emotional consequences of a sedentary lifestyle to different age groups using data for health, fitness and well-being	1 practical lesson to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 2 theory lessons on a balanced diet, the components of a balanced diet and the effects of diet and hydration on energy use in physical activity and sport using practical examples	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on characteristics of skilful movements	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on classification of skills	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on classification of skills	1 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 2 theory on goal setting and SMART Targets	1 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 2 theory on mental preparation
Assessment	STAR Mark - 6 mark question on Principles of warm up and cool down			Y9 Assessment 1	Y9 Moderation	Y9 DD1		Y9 Written reports 15.02.19				STAR Mark 6 mark question on Health, fitness and well being	
Homework													
Term 3	Week 27 01/04/19	Week 28 08/04/19	Week 29 29/04/19	Week 30 06/05/19	Week 31 13/05/19	Week 32 20/05/19	Week 33 03/06/19	Week 34 10/06/19	Week 35 17/06/19	Week 36 24/06/19	Week 37 01/07/19	Week 38 08/07/19	Week 39 15/07/19
Topic	2.2 Sports psychology	2.2 Sports psychology		2.1.c. Ethical and socio-cultural issues in physical activity and sport	2.1.c. Ethical and socio-cultural issues in physical activity and sport	2.1.c. Ethical and socio-cultural issues in physical activity and sport	2.1.c. Ethical and socio-cultural issues in physical activity and sport	2.1.c. Ethical and socio-cultural issues in physical activity and sport	2.1.c. Ethical and socio-cultural issues in physical activity and sport				
Key objectives	1 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 2 theory on types of feedback	1 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 2 theory on types of guidance	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory for ASSESSMENT of principles of training, Health, fitness and well-being and sports psychology for DD2	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on ethics in sport	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on ethics in sport	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on drugs in sport	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on drugs in sport	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on violence in sport	2 practical lessons to ensure all students have 3 sports to take for assessment in Y11 – increasing quality of skills required 1 theory on violence in sport	3 practical lessons on the sports to focus on for y10 and y11 – by finishing for summer staff and students should know the 3 sports	3 practical lessons on the sports to focus on for y10 and y11 – by finishing for summer staff and students should know the 3 sports	3 practical lessons on the sports to focus on for y10 and y11 – by finishing for summer staff and students should know the 3 sports	3 practical lessons on the sports to focus on for y10 and y11 – by finishing for summer staff and students should know the 3 sports

