

GCSE PE Year 10 Curriculum – 2025/26

	Autumn Term		Spring Term		Summer Term	
	1	2	1	2	1	2
Key Concepts	Paper 1: The Human Body and Movement in Physical Activity in Sport -The Structure and Functions of the Musculoskeletal System -Practise moderation	Paper 1: The Human Body and Movement in Physical Activity in Sport -The Structure and Functions of the Cardio-Respiratory System. -Practise moderation	Paper 1: The Human Body and Movement in Physical Activity in Sport -Anaerobic and aerobic exercise -Practise moderation	Paper 1: The Human Body and Movement in Physical Activity in Sport -Short and long terms effects of exercise -Movement Analysis -Practise moderation	Paper 1: The Human Body and Movement in Physical Activity in Sport -Movement Analysis -Practise moderation	Paper 1: The Human Body and Movement in Physical Activity in Sport -Physical Training - Injury Prevention - Use of Data -Practise moderation
Knowledge & Understanding (National Curriculum)	Students should develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport. -Be inspired, motivated and challenged, and enable them to make informed decisions about further learning opportunities and career pathways -Develop knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and wellbeing -Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance -Understand how the physiological and psychological state affects performance in physical activity and sport -Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas -Develop their ability to analyse and evaluate to improve performance in physical activity and sport -Understand the contribution which physical activity and sport make to health, fitness and wellbeing -Understand key socio-cultural influences which can affect people's involvement in physical activity and sport.					
Skills	R Develop RESILIENCE			Studying GCSE PE cultivates resilience by challenging students both physically and mentally. Through learning various sports and fitness activities, students encounter obstacles such as mastering techniques, overcoming physical limitations, and dealing with competition pressures. They develop perseverance as they strive to improve their performance and fitness levels, often facing setbacks and injuries along the way. Additionally, the theoretical aspects of the course, including anatomy, physiology, and		

		sports psychology, require students to apply critical thinking and problem-solving skills. By navigating these challenges, GCSE PE students build resilience, learning to adapt, persist, and achieve success despite difficulties in both physical and academic domains.
	A Possess AMBITION	Studying AQA GCSE PE can elevate ambitions and aspirations by exposing students to a wide range of sports, fitness principles, and theoretical knowledge. Through practical experiences and theoretical learning, students discover new passions and talents, inspiring them to consider careers in sports science, coaching, physical therapy, or professional athletics. The structured curriculum encourages goal-setting and self-improvement, developing a mindset of continuous growth and achievement. Moreover, the emphasis on health, fitness, and well-being promotes a proactive approach to personal health, influencing students to lead active lifestyles and prioritise their physical and mental well-being long after completing the course.
	I Demonstrate INTEGRITY	Studying AQA GCSE PE enables students to demonstrate integrity by deepening their understanding of socio-cultural differences, anatomy and physiology, and well-being. Through learning about various cultural perspectives on sports and physical activities, students appreciate diversity and develop empathy, respecting different traditions and beliefs. Knowledge of anatomy and physiology fosters a respectful attitude towards the human body, promoting safe and ethical practices in fitness and sports. Furthermore, an emphasis on well-being encourages students to prioritise mental and physical health, making informed choices that align with their values and contribute positively to their communities. This holistic approach equips students with the integrity to make responsible decisions based on respect, empathy, and a comprehensive understanding of the factors influencing health and sports participation.
	S Embed Self-Discovery	Studying AQA GCSE PE encourages self-discovery among students by exposing them to diverse physical activities and theoretical concepts. Through practical experiences in various sports and fitness routines, students explore their strengths, weaknesses, and preferences, discovering their natural talents and areas for growth. They learn to set personal goals, develop resilience in overcoming challenges, and gain confidence through incremental improvements in performance. The theoretical study of anatomy, physiology, and sports psychology further enhances self-awareness by deepening their understanding of how their bodies function and respond to exercise. The content that is covered in year 10 will help students to make informed decisions about their health and well-being, developing a lifelong commitment to personal growth and self-discovery beyond the classroom.
	E Display EMPATHY	Studying AQA GCSE PE enables students to display empathy by immersing them in diverse sports and physical activities that require teamwork, cooperation, and understanding of others' perspectives. Through collaborative efforts in team sports and group exercises, students learn to communicate effectively, respect teammates' strengths and challenges, and offer support during both victories and setbacks. Additionally, studying topics such as sports psychology and socio-cultural influences on physical activity allows for empathy by encouraging students to consider how different individuals and communities approach sports and exercise. This holistic approach to PE education

		nurtures empathy by promoting a deeper appreciation for others' experiences, developing inclusive attitudes, and cultivating interpersonal skills that extend beyond the sports field into everyday interactions.
Curriculum Links	Students have been taught about basic human anatomy throughout KS3 in PE and science. They have also identified how the body moves and works in relation to different activities and sports. Students have analysed performance throughout KS3 in PE, dance and been provided with opportunities to improve their leadership skills. Students will have also already covered different components of fitness and methods of training during KS3 PE.	
Assessment	Paper 1: The human body and movement in physical activity and sport What's assessed: -Applied anatomy and physiology -Movement analysis -Physical training -Use of data How it's assessed: -Written exam: 1 hour 15 minutes -78 marks -30% of GCSE Questions Answer all questions. • A mixture of multiple choice/objective test questions, short answer questions and extended answer questions.	
Aspirations & Careers	GCSE Physical Education (PE) provides a strong foundation for various careers related to sports, fitness, health, and education. Here are some potential career paths linked to GCSE PE: Sports and Fitness Careers 1. Personal Trainer: Designing and implementing exercise programs for clients to achieve fitness goals. 2. Fitness Instructor: Leading group exercise classes and providing fitness advice in gyms or health clubs. 3. Sports Coach: Training athletes and teams to improve their performance in specific sports. 4. Sports Development Officer: Promoting sports and physical activity within communities, schools, or organisations. 5. Sports Scientist: Applying scientific principles to improve athletic performance, often involving biomechanics, physiology, and psychology. Health and Wellbeing Careers 1. Physiotherapist: Helping patients recover from injuries and improve their physical health through tailored treatment plans. 2. Occupational Therapist: Assisting individuals to develop, recover, or maintain daily living and work skills. 3. Dietitian/Nutritionist: Advising individuals or groups on healthy eating and nutrition to promote overall health and well-being.	



	4. Sports Psychologist: Working with athletes to enhance performance through mental strategies and coping mechanisms. Education Careers 1. PE Teacher: Teaching physical education in schools, encouraging students to develop skills, knowledge, and enjoyment of physical activity. 2. Lecturer/Professor in Sports Science: Teaching and conducting research at a college or university level in subjects related to sports and physical education. Sports Management and Media Careers 1. Sports Manager: Managing sports teams or organisations, overseeing operations, marketing, and business strategies. 2. Sports Agent: Representing athletes in negotiations for contracts, endorsements, and other business deals. 3. Sports Journalist: Writing about sports events, athletes, and related topics for newspapers, magazines, or online platforms. 4. Sports Broadcaster: Commentating on sports events and providing analysis on TV or radio. Additional Careers 1. Rehabilitation Specialist: Working with individuals recovering from injuries, surgeries, or other medical conditions to regain strength and mobility. 2. Exercise Physiologist: Studying the body's responses to physical activity and developing exercise programs to improve health and performance. 3. Sports Event Coordinator: Planning and organising sports events, ensuring all logistical aspects are covered. -Annual trip to Nottingham University where students have a taste of university life and explore the world-class facilities the University has to offer. -Gateshead college visit -Guest speakers from various industries such as Wolverhampton Wanderers FC Academy Operations Manager -National School Sports Week where students are chosen based on their performance/ATL in PE and extracurricular activities and have the opportunity to go on trips out of schools such as Ninja Warrior, surfing etc.
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GCSE PE Year 11 Curriculum – 2025/26

	Autumn Term		Spring Term		Summer Term	
	1	2	1	2	1	
Key Concepts	Paper 2: Socio-cultural influences and wellbeing in physical activity and sport -Classification of skills -Goal setting and SMART targets to improve and/or optimise performance. -Basic information processing -Guidance and feedback on performance. -Mental preparation for performance. -Practise moderation	Paper 2: Socio-cultural influences and wellbeing in physical activity and sport Socio-cultural differences -Engagement patterns of different social groups in physical activity and sport. -Commercialisation of physical activity and sport -Practise moderation	Paper 2: Socio-cultural influences and wellbeing in physical activity and sport -Ethical and socio-cultural issues in physical activity and sport. -Health, fitness and well-being. -Practice moderation	Paper 1 and Paper 2 revision	Paper 1 and Paper 2 revision	
Knowledge & Understanding (National Curriculum)	Students should develop knowledge and understanding of: -Be inspired, motivated and challenged, and enable them to make informed decisions about further learning opportunities and career pathways -Develop knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and wellbeing -Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance -Understand how the physiological and psychological state affects performance in physical activity and sport -Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas -Develop their ability to analyse and evaluate to improve performance in physical activity and sport					

	-Understand the contribution which physical activity and sport make to health, fitness and wellbeing -Understand key socio-cultural influences which can affect people's involvement in physical activity and sport. The non-exam assessment (NEA) aspect of this course requires students to develop their ability and aptitude in physical activities, demonstrating appropriate skills and techniques outlined below. This aspect of the specification requires students to: • demonstrate skills in physical activity and sport, applying appropriate technique(s) • demonstrate and apply appropriate decision making skills, strategies and/or compositional ideas within physical activity and sport, taking into account personal strengths and weaknesses • demonstrate ideas and problem solving solutions in spontaneous and/or pre-determined ways whilst under pressure in physical activity and sport • use appropriate physical characteristics/attributes (eg strength, stamina, speed, agility, flexibility, coordination) to achieve successful performance in physical activity and sport • demonstrate psychological control (eg arousal, anxiety, aggression) to achieve successful performance (and fair play) in physical activity and sport • adhere to 'rules', health and safety guidelines, and consider appropriate risk management strategies in physical activity and sport • analyse and evaluate performance to bring about personal improvement in physical activity and sport • demonstrate their ability in team sports and activities by: ◦ applying team strategies and/or compositional ideas taking account of the strengths and weaknesses of fellow team member(s), as appropriate ◦ showing awareness of, and responding to, the actions of other player(s)/performer(s) ◦ communicating effectively with other player(s)/performer(s) ◦ demonstrating their individual role in achieving the collective outcome.	
Skills	R Develop RESILIENCE	Studying GCSE PE cultivates resilience by challenging students both physically and mentally. Through learning various sports and fitness activities, students encounter obstacles such as mastering techniques, overcoming physical limitations, and dealing with competition pressures. They develop perseverance as they strive to improve their performance and fitness levels, often facing setbacks and injuries along the way. Additionally, the theoretical aspects of the course, including anatomy, physiology, and sports psychology, require students to apply critical thinking and problem-solving skills. By navigating these challenges, GCSE PE students build resilience, learning to adapt, persist, and achieve success despite difficulties in both physical and academic domains.
	A Possess AMBITION	Studying AQA GCSE PE can elevate ambitions and aspirations by exposing students to a wide range of sports, fitness principles, and theoretical knowledge. Through practical experiences and theoretical learning, students discover new passions and talents, inspiring them to consider careers in sports science, coaching, physical therapy, or professional athletics. The structured curriculum encourages goal-setting and self-improvement, developing a mindset of continuous growth and achievement. Moreover, the emphasis on health, fitness, and well-being promotes a proactive approach to personal health, influencing students to lead active lifestyles and prioritise their physical and mental well-being long after completing the course.

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	S Embed Self-Discovery	Studying AQA GCSE PE encourages self-discovery among students by exposing them to diverse physical activities and theoretical concepts. Through practical experiences in various sports and fitness routines, students explore their strengths, weaknesses, and preferences, discovering their natural talents and areas for growth. They learn to set personal goals, develop resilience in overcoming challenges, and gain confidence through incremental improvements in performance. The theoretical study of anatomy, physiology, and sports psychology further enhances self-awareness by deepening their understanding of how their bodies function and respond to exercise. The content that is covered in year 10 will help students to make informed decisions about their health and well-being, developing a lifelong commitment to personal growth and self-discovery beyond the classroom.
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Curriculum Links	Students have been taught about basic human anatomy throughout KS3 in PE and science. They have also identified how the body moves and works in relation to different activities and sports. Students have analysed performance throughout KS3 in PE, dance and been provided with opportunities to improve their leadership skills. Students will have also already covered different components of fitness and methods of training during KS3 PE.	

Assessment	Paper 2: Socio-cultural influences and well-being in physical activity in sport. What's assessed: -Sports Psychology -Socio-cultural influences -Health, fitness and well-being -Use of data How it's assessed: -Written exam: 1 hour 15 minutes -78 marks -30% of GCSE Questions • Answer all questions. • A mixture of multiple choice/objective test questions, short answer questions and extended answer questions.
Aspirations & Careers	GCSE Physical Education (PE) provides a strong foundation for various careers related to sports, fitness, health, and education. Here are some potential career paths linked to GCSE PE: Sports and Fitness Careers 6. Personal Trainer: Designing and implementing exercise programs for clients to achieve fitness goals. 7. Fitness Instructor: Leading group exercise classes and providing fitness advice in gyms or health clubs. 8. Sports Coach: Training athletes and teams to improve their performance in specific sports. 9. Sports Development Officer: Promoting sports and physical activity within communities, schools, or organisations. 10. Sports Scientist: Applying scientific principles to improve athletic performance, often involving biomechanics, physiology, and psychology. Health and Wellbeing Careers 5. Physiotherapist: Helping patients recover from injuries and improve their physical health through tailored treatment plans. 6. Occupational Therapist: Assisting individuals to develop, recover, or maintain daily living and work skills. 7. Dietitian/Nutritionist: Advising individuals or groups on healthy eating and nutrition to promote overall health and well-being. 8. Sports Psychologist: Working with athletes to enhance performance through mental strategies and coping mechanisms. Education Careers 3. PE Teacher: Teaching physical education in schools, encouraging students to develop skills, knowledge, and enjoyment of physical activity. 4. Lecturer/Professor in Sports Science: Teaching and conducting research at a college or university level in subjects related to sports and physical education.



	Sports Management and Media Careers 5. Sports Manager: Managing sports teams or organisations, overseeing operations, marketing, and business strategies. 6. Sports Agent: Representing athletes in negotiations for contracts, endorsements, and other business deals. 7. Sports Journalist: Writing about sports events, athletes, and related topics for newspapers, magazines, or online platforms. 8. Sports Broadcaster: Commentating on sports events and providing analysis on TV or radio. Additional Careers 4. Rehabilitation Specialist: Working with individuals recovering from injuries, surgeries, or other medical conditions to regain strength and mobility. 5. Exercise Physiologist: Studying the body's responses to physical activity and developing exercise programs to improve health and performance. 6. Sports Event Coordinator: Planning and organising sports events, ensuring all logistical aspects are covered. -Annual trip to Nottingham University where students have a taste of university life and explore the world-class facilities the University has to offer. -Gateshead college visit -Guest speakers from various industries such as Wolverhampton Wanderers FC Academy Operations Manager -National School Sports Week where students are chosen based on their performance/ATL in PE and extracurricular activities and have the opportunity to go on trips out of schools such as Ninja Warrior, surfing etc.
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