Year 10 GCSE Physical Education

	Topics being taught	What you will be assessed on	How you can support at home
Autumn Term	The musculo-skeletal system and movement analysis.	The musculo-skeletal system and movement analysis.	Test knowledge of definitions using key terms in Showbie. Test your child's ability to analyse named sporting actions.
	OCTOBER 1/2 TERM		
	The structure and function of the cardio-respiratory system.	The structure and function of the cardio-respiratory system.	Test knowledge of definitions using key terms in Showbie. Test your child's ability to give relevant sporting examples.
	CHRISTMAS		
Spring Term	The components of fitness. Fitness testing. Principles of training & application. Types of training & application.	The structure and function of the respiratory system and physical training	Test knowledge of definitions using key terms in Showbie. Test your child's knowledge of physical training using PPQs
	FEBRUARY 1/2 TERM		
	Physical training and mental preparation	The structure and function of the cardiovascular system and mental preparation	Test knowledge of definitions using key terms in Showbie. Direct your child towards the PPQs in Showbie
	EASTER		
Summer Term	Analysis & Evaluation of Performance (1)	All topics covered so far.	Test knowledge of definitions using key terms in Showbie. Direct your child to the scaffolded materials (Showbie)
	MAY 1/2 TERM		
	Analysis & Evaluation of Performance (2)	All topics covered so far.	Test knowledge of definitions using key terms in Showbie. Support you child as he/she prepares for mock exams.

HARROGATE GRAMMAR SCHOOL
EXCELLENCE FOR ALL

Year 11 GCSE Physical Education

	Topics being taught	What you will be assessed on	How you can support at home
Autumn Term	Sport psychology and skill acquisition	Sport psychology and skill acquisition, plus year 10 topics	Test knowledge of definitions using key terms in Showbie. Test your child's ability to categorise skills
	OCTOBER 1/2 TERM		
	Sport, society and culture as external influences on sport	All topics covered so far.	Test knowledge of definitions using key terms in Showbie. Test your child's ability to give relevant sporting examples.
	CHRISTMAS		
Spring Term	Sport, society and culture. Interpreting data to measure performance.	All topics covered so far.	Test knowledge of definitions using key terms in Showbie. Test your child's knowledge of physical training using PPQs
	FEBRUARY 1/2 TERM		
	Exam preparation.	All topics covered so far.	Test knowledge of definitions using key terms in Showbie. Support at home……
	EASTER		
Summer Term	Exam preparation	All topics covered so far.	Test knowledge of definitions using key terms in Showbie. Support at home……
	MAY 1/2 TERM		
	Exam preparation	All topics covered so far.	Test knowledge of definitions using key terms in Showbie. Support at home……

HARROGATE GRAMMAR SCHOOL
EXCELLENCE FOR ALL