

# SOW GCSE Physical Education

## KEY STAGE FOUR CURRICULUM PLANNING: KNOWLEDGE AND SKILLS MAPPING TOOL

SUBJECT: GCSE OCR PE Theory

	KNOWLEDGE				SKILLS		
Y E A R  1 0	J587/01 Physical factors affecting performance				<ul style="list-style-type: none"> <li>• AO1 – (KU) - Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</li> <li>• AO2 – (EG) - Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</li> <li>• AO3 – (DEV) - Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</li> </ul>		
		Sep-Oct	Nov-Dec	Jan-Feb	March-April	May-June	July
	Content	1.1a Skeletal System 1.1b Muscular System	1.1c Movement Analysis	1.1d Cardiovascular System 1.1d Respiratory System	1.1e Effects of Exercise on the Body Systems	1.2a Components of Fitness 1.2b Applying the Principles of Training	1.2c Preventing Injury  6 mark Q/exam command words  PPE  Re-do topic tests

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	<b>Skills</b>	<ul style="list-style-type: none"><li>• AO1- Demonstrate knowledge and understanding of the content through factual information.</li><li>• AO2- Apply the content to sporting examples.</li><li>• AO3- analyse/evaluate the content by giving positives and negatives.</li></ul>	<ul style="list-style-type: none"><li>• AO1- Demonstrate knowledge and understanding of the content through factual information.</li><li>• AO2- Apply the content to sporting examples.</li><li>• AO3- analyse/evaluate the content by giving positives and negatives.</li></ul>	<ul style="list-style-type: none"><li>• AO1- Demonstrate knowledge and understanding of the content through factual information.</li><li>• AO2- Apply the content to sporting examples.</li><li>• AO3- analyse/evaluate the content by giving positives and negatives.</li></ul>	<ul style="list-style-type: none"><li>• AO1- Demonstrate knowledge and understanding of the content through factual information.</li><li>• AO2- Apply the content to sporting examples.</li><li>• AO3- analyse/evaluate the content by giving positives and negatives.</li></ul>	<ul style="list-style-type: none"><li>• AO1- Demonstrate knowledge and understanding of the content through factual information.</li><li>• AO2- Apply the content to sporting examples.</li><li>• AO3- analyse/evaluate the content by giving positives and negatives.</li></ul>	<ul style="list-style-type: none"><li>• AO1- Demonstrate knowledge and understanding of the content through factual information.</li><li>• AO2- Apply the content to sporting examples.</li><li>• AO3- analyse/evaluate the content by giving positives and negatives.</li></ul>
	<b>Assessment</b>	<ul style="list-style-type: none"><li>• End of Topic Tests on the everlearner</li><li>• Past Paper Questions every lesson (I do, We do, You Do)</li><li>• Starter activity/low stakes quizzing</li></ul>	<ul style="list-style-type: none"><li>• End of Topic Tests on the everlearner</li><li>• Past Paper Questions every lesson (I do, We do, You Do)</li><li>• Starter activity/low stakes quizzing</li></ul>	<ul style="list-style-type: none"><li>• End of Topic Tests on the everlearner</li><li>• Past Paper Questions every lesson (I do, We do, You Do)</li><li>• Starter activity/low stakes quizzing</li></ul>	<ul style="list-style-type: none"><li>• End of Topic Tests on the everlearner</li><li>• Past Paper Questions every lesson (I do, We do, You Do)</li><li>• Starter activity/low stakes quizzing</li><li>• PPE</li></ul>		

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		KNOWLEDGE				SKILLS	
Y E A R 1 1		J587/02 Socio-cultural issues and sports psychology				<ul style="list-style-type: none"> <li>• AO1 – (KU) - Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</li> <li>• AO2 – (EG) - Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</li> <li>• AO3 – (DEV) - Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</li> </ul>	
		Sep-Oct	Nov-Dec	Jan-Feb	March-April	May-June	July
	Content	2.1a Engagement Patterns  2.1b Commercialisation	2.1c Ethical and Socio-cultural issues	2.2 Sports Psychology	2.3 Health, Fitness and Well-Being  Personalised Learning Checklists	Targeted revision/command words/PPQ's	
	Skills	<ul style="list-style-type: none"> <li>• AO1- Demonstrate knowledge and understanding of the content through factual information.</li> <li>• AO2- Apply the content to sporting examples.</li> <li>• AO3- analyse/evaluate</li> </ul>	<ul style="list-style-type: none"> <li>• AO1- Demonstrate knowledge and understanding of the content through factual information.</li> <li>• AO2- Apply the content</li> </ul>	<ul style="list-style-type: none"> <li>• AO1- Demonstrate knowledge and understanding of the content through factual information.</li> <li>• AO2- Apply the content to sporting examples.</li> <li>• AO3- analyse/evaluate</li> </ul>	<ul style="list-style-type: none"> <li>• AO1- Demonstrate knowledge and understanding of the content through factual information.</li> <li>• AO2- Apply the content to sporting examples.</li> <li>• AO3- analyse/evaluate the content by giving positives and negatives.</li> </ul>		

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	<b>Assessment</b>	<ul style="list-style-type: none"> <li>End of Topic Tests on theeverlearner</li> <li>Past Paper Questions every lesson (I do, We do, You Do)</li> <li>Starter activity/low stakes quizzing</li> <li>PPE</li> </ul>	<ul style="list-style-type: none"> <li>End of Topic Tests on theeverlearner</li> <li>Past Paper Questions every lesson (I do, We do, You Do)</li> <li>Starter activity/low stakes quizzing</li> </ul>				