Your GCSE PE Learning Journey at Cardinal Newman

Component 4 = PEP

10% of GCSE (20 marks) PEP hand in: Performance analysis and Aim, planning, monitoring and evaluation in relation to

Review personal training programme ready for Moderation

Completing any outstanding practical assessments

Component 2 = Paper 2

Health and Performance

24% of GCSE 1hour 15 minutes

Component 1 = Paper 1

Fitness and Body Systems

36% of GCSE 1hour 30 minutes

Future Pathways

Apprenticeship in PE

A Level PE

Level 3 BTEC in Sport

Careers in sport

Health, fitness and wellbeing

Sports psychology

Classification of skill

Component 3 = Practical

30% of GCSE (35 marks per sport)

Nutrition

Socio-cultural influences

Sports specific nutrition

Guidance

Practical sports assessments throughout the year

Complete your 6 week training programme

Unit 4: PEP completion

Component 2 Health and performance

Lifestyle choices

Warm up and cool down

Influences on participation

Performance enhancing drugs

Sporting behaviour

Mental preparation

Commercialisation

YEAR 11

Feedback

Design a 6 week training Programme to improve performance

Unit 4: Personal Exercise Programme (PEP)

Training Methods

Movement analysis

Weight related conditions

Applied anatomy and Physiology

Review your performance in 2/3 selected sports.

Safety and injuries in sport

Completing PEP and Summer practical assessments

Effect of exercise on the body

Principles of Training

2.Movement analysis

The long-term effect of exercise

The cardiovascular system

Physical training

Planes and axes of movement

Components of Fitness

Interpreting Results

F.I.T.T Principle

Video Evidence of your 2/3 Sports

SMART targets

Training zones and thresholds

Justifying recommended activities for improvements

Lever systems

Applied Anatomy and Physiology

Aerobic and anaerobic respiration

The muscular system

Component 1: Fitness and Body systems

YEAR 10

Fitness Tests

The short-term effects of exercise

The respiratory system

The skeletal system

Introduction to GCSE PE

CARDINAL NEWMAN CATHOLIC SCHOOL