



Edgbarrow School
Year 10
GCSE Physical Education



Curriculum Intent

To provide students with the practical and theoretical knowledge of the ever-changing world of the Sporting Society and Physical Activity, develop appropriate skills and attributes to go out into the Sporting Industries to be successful employees and leaders whilst promoting Physical, Social and Mental Wellbeing and lifelong participation.

○ What am I studying this year and how and when will I be assessed?

Knowledge & Skills	Time of year	Assessment	Homework
Anatomy and Physiology 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.	Autumn Term	50 mark assessment	- Frequency of homework will be set once a fortnight, expectation to complete GCSE pod as regular and consistent revision. - To prepare appropriately for end-of-unit tests. - To develop practical competency.
Movement Analysis Students should develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity and sport.	Spring Term	50 mark assessment	
Physical Training Students should develop knowledge and understanding of the principles of training and different training methods in order to plan, carry out, monitor and evaluate personal exercise and training programmes.	Spring/Summer Term	50 mark assessment	
NEA – Analysis and Evaluation	Summer Term	25 mark NEA	To continue coursework or attend catch-up sessions where appropriate

Year 10 Mock Fortnight: January & June 2026

You need to revise the following:

Cardiovascular System
Respiratory System
Musculoskeletal System
Anaerobic and Aerobic exercise

Levers
Muscle Action
Planes and Axis
Components of Fitness

Fitness Testing
Principles of Training
Types of training

This can all be accessed from: Exercise books, Revision guides, BBC bitesize

Marking for literacy

(Longer answers and written work will be marked for at least one of the below, your teachers will tell you which)

Sp – Spelling mistake of key term
// - Needed new paragraph
C – Capital letter missing
P – Punctuation needed
Expr- Expression

Students will demonstrate pride in their work by:

- Presenting information clearly and neatly to aid learning
- Using a title and date for all work including homework
- Underlining all dates and titles using a ruler
- Writing in blue or black pen
- Completing drawings and diagrams in pencil
- Glue in sheets flat and in order
- Annotating work and making corrections in coloured pens
- Crossing out mistakes neatly with a line
- Highlighting key words and concepts