GCSE PE Learning Pathway

Year 10	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Topic	**Skeletal and muscular systems**	**Cardiovascular and respiratory systems**	**Components of fitness and fitness testing**	**Principles and methods of training**	**Mock exams and coursework introduction**	**Coursework units 1-4 and practical assessment**
Threshold concept explored	Structure and function Movement analysis	Adaptation Performance	Fitness Testing and measurement	Training Progressive overload	Analysis Application of knowledge	Performance Personal improvement
Threshold skills explored	Applying anatomical knowledge to movement Labelling and explaining body systems	Interpreting physiological responses Using subject vocabulary accurately	Carrying out and interpreting fitness tests Connecting theory to practical examples	Evaluating training methods Risk awareness and prevention of injury	Exam technique Planning coursework responses	Coursework writing Practical performance review Using feedback to improve
Building on	KS3 PE work on movement, warm-ups, practical performance and health.	Knowledge of body systems and how movement is produced.	Understanding of body systems and the demands of different activities.	Components of fitness and fitness testing from Term 3.	Paper 1 theory content from Terms 1-4.	Coursework planning and practical assessment experience.
Leading to	Cardiovascular and respiratory systems and Paper 1 content.	Components of fitness and methods of training.	Principles of training and coursework links.	Year 10 mock exam and coursework introduction.	Year 11 content and formal coursework completion.	NEA completion, Paper 2 content and final GCSE preparation.
How will you know how you are doing and how to improve it?	Booklet tasks, mini assessments, teacher feedback and end of unit checks.	Homework, exam-style questions, mini class assessments and feedback.	Fitness-testing tasks, practical feedback and formative assessment.	Unit assessment, homework review and teacher feedback.	Mock exam feedback, DIRT tasks and coursework planning checks.	Coursework feedback, practical assessment evidence and written improvement targets.
Experiences to look out for	Practical examples of movement in sport and performance observation.	Applying theory to exercise, recovery and practical performance.	Fitness testing and discussion of suitability for different sports.	Training methods in practice, warm-ups, cool-downs and injury prevention.	Mock examination experience and introduction to GCSE coursework expectations.	Coursework development, practical assessment and performance evidence collection.
A link to useful resources	OCR GCSE PE specification e-Revision Class booklets	OCR GCSE PE specification BBC Bitesize PE e-Revision	Fitness testing resources Class booklets e-Revision	OCR GCSE PE specification Past-paper style practice	OCR past papers Coursework guidance e-Revision	Coursework booklet OCR guidance Practical performance feedback

Year 11	Term 1	Term 2	Term 3	Term 4	Term 5
Topic	**Sports psychology, health and wellbeing, and coursework**	**Coursework completion, diet and nutrition**	**Socio-cultural influences in sport**	**Revision programme**	**Final examination preparation**
Threshold concept explored	Skill Motivation Wellbeing	Analysis Diet and performance	Participation Ethics Commercialisation	Retrieval Application	Performance Exam readiness
Threshold skills explored	Evaluation Applying psychology to performance Coursework drafting	Coursework production Using feedback Linking health to performance	Applying theory to real sporting contexts Explaining impacts and consequences	Revision techniques Past-paper practice Selecting evidence	Examination technique Timing Question interpretation
Building on	Year 10 Paper 1 theory and coursework units started in Year 10.	Coursework evidence and planning from Year 10 and Term 1.	Health, fitness and psychology content from early Year 11.	Full GCSE PE course content and mock feedback.	Revision programme, mock performance and past-paper practice.
Leading to	Coursework completion and Paper 2 content.	Socio-cultural influences and final coursework submission.	Revision programme and final exam preparation.	Summer OCR GCSE PE examinations.	OCR GCSE PE Paper 1 and Paper 2 examinations.
How will you know how you are doing and how to improve it?	End of unit tests, coursework feedback and teacher review.	Coursework submissions, feedback cycles and topic assessments.	Topic tests, exam-style questions and feedback activities.	Past papers, revision tasks and teacher feedback.	Final practice questions, revision review and examination feedback preparation.
Experiences to look out for	Practical moderation, coursework catch-up and revision linked to performance.	Coursework evidence collection and nutrition applied to performance.	Debates about ethics, drugs, violence and commercialisation in sport.	Structured revision lessons and past-paper practice.	GCSE examination season.
A link to useful resources	OCR GCSE PE specification e-Revision Coursework booklet	OCR coursework guidance e-Revision Class booklets	OCR GCSE PE specification BBC Bitesize PE Past-paper questions	OCR past papers e-Revision Revision checklists	OCR past papers Revision materials Teacher feedback