

Subject	PE		
	Interpretation of National Curriculum into Year group Endpoints		
Year	Term 1	Term 2	Term 3
10 - GCSE PE	<p>Classification of skills (basic/ complex, open/closed) : Classification of a range of sports skills. Practice structures. Application of knowledge of practice and skill classification.</p> <p>Guidance and feedback on performance: Types of guidance. Advantages and disadvantages of each type of guidance Types of feedback.</p> <p>Mental preparation for performance.</p> <p>Engagement patterns of different social groups in physical activity and sport: Participation rates in physical activity and sports. The relationship between commercialisation, the media and physical activity and sport. The advantages and disadvantages of commercialisation and the media.</p> <p>Ethical and socio-cultural issues in physical activity and sport: The different types of sporting behaviour.</p>	<p>Energy use, diet, nutrition and hydration: The nutritional requirements and ratio of nutrients for a balanced diet. The role and importance of macronutrients. The role and importance of micronutrients. The factors affecting optimum weight. The variation in optimum weight. The correct energy balance to maintain a healthy weight. Hydration for physical activity and sport.</p> <p>Effective use of warm up and cool down: The purpose and importance of. Phases of. Activities included in.</p>	<p>How to optimise training and prevent injury: PARQ. Injury prevention. Injuries that can occur in physical activity. RICE (rest, ice, compression, elevation). Performance-enhancing drugs (PEDs). PPE Revision</p>