



Portchester Community School GCSE Physical Education Programme of Study 2019/20

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7						
8						
9	Developing Sports Performance <i>Volleyball</i>	Developing Sports Performance <i>Volleyball</i>	Developing Sports Performance <i>Badminton</i>	Developing Sports Performance <i>Badminton</i>	Developing Sports Performance <i>Badminton</i>	Developing Sports Performance <i>Badminton</i>
10	Components of Fitness and Fitness testing <i>Areas of fitness, Principles of Training</i>	Methods of Training <i>Training Intensities, Prevention of injuries</i>	Applied Anatomy and Physiology <i>Skeletal/ muscular systems</i>	Movement Analysis <i>Levers, Planes and Axis</i>	Applied Anatomy and Physiology <i>Circulatory system</i>	Applied Anatomy and Physiology <i>Respiratory system</i>
11	Health and Fitness <i>Sedentary lifestyles, energy use, balanced diet</i>	Sports Psychology Skill vs ability, Arousal, Motivation, Aggression, Personality	Social-Cultural Influences <i>Engagement patterns, Commercialisation, Impact of Technology</i>	Social-Cultural Influences <i>Drugs in sport, hooliganism</i>	Exam Preparation	