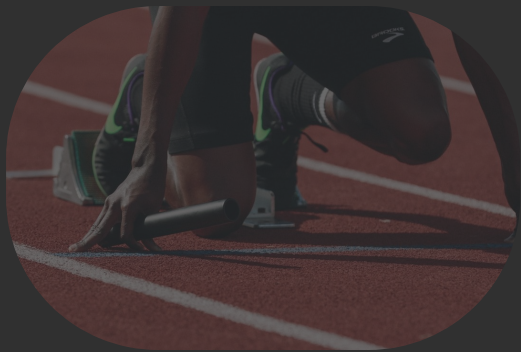


GCSE PE

Here at LJFS, GCSE PE is adapted from the national curriculum and is tweaked to suit the students' needs and abilities but will still be delivered to the high quality level required. These will vary from precise theoretical lessons as well as more practical content which will deliver the understanding and content which is required to obtain the GCSE



Year 11 - Term 2 (In-depth)

- Lever systems
- Planes of movement and axis
- Drugs in sport
- Respiratory system
- Violence in sport (sportsmanship/gamesmanship)
- Components of fitness
- SPOR / FITT
- Training methods



EXAM PREP

Year 11 - Term 3 (In-depth)

- Short term effects of exercise
- SMART Targets
- SPORT FITT
- Feedback
- Diet Nutrition
- Risk Assessing



Year 11 - Term 1 (In-depth)

- AEP (coursework)
- Location of bones / muscles
- Factors affecting participation
- Media (positive negative)



Year 10 - Term 3 (Implement)

- Components of Fitness
- Diet & Nutrition
- Feedback
- Health, Fitness & Well-being
- Warm up / Cool down
- Data collection on fitness tests



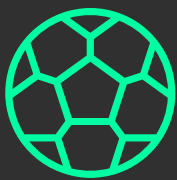
Year 10 - Term 2 (Focus)

- Aerobic & Anaerobic exercise
- Classification of skills (open / closed)
- SMART targets
- Mental preparation
- Guidance
- Components of Fitness



Year 10 - Term 1 (Intro)

- Location of bones / muscles & skeleton functions
- Participation rates
- Positive & Negative effects of Media
- Lever Systems
- Planes of Movement & Axis of rotation
- Drugs in sport
- Ethics in sport
- Respiratory System
- Functions of the heart



Year 9 (Developing content)

- Key terminology
- Understanding of sporting concepts
- Development of scientific knowledge (Heart, Skeletal system)
- Focus on progression of motor skills and practical ability
- Introduction to GCSE content throughout core PE lessons

Key Stage 3

Here at Leeds Jewish Free School we adapt the exam boards curriculum by tweaking content to suit the students' needs and abilities, whilst still being delivered to the high quality level required. The lessons will vary from precise theoretical lessons as well as more practical content which delivers the understanding required to obtain the GCSE.

