

PE GCSE Learning Journey



Year 11 Overview

Understand how the psychological state affects performance in physical activity and sport. Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/ or compositional ideas. Develop their ability to analyse and evaluate to improve performance in physical activity and sport. Understand the contribution which physical activity and sport make to health, fitness and well-being. Understand key socio-cultural influences which can affect people's involvement in physical activity and sport.

Year 10 Overview

Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance. Understand how the physiological state affects performance in physical activity and sport. Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/ or compositional ideas. Develop their ability to analyse and evaluate to improve performance in physical activity and sport.

“Physical Fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”