



Wonder
Learning Partnership
Educate | Empower | Engage | Enrich



GCSE EXAMINATIONS

Paper 1 Physical factors affecting performance 1hr, 60 marks, 30% of GCSE
Paper 2 Socio-cultural issues and sports psychology 1hr, 60 marks, 30% of GCSE
NEA deadline 30th March - 3 practical assessments and AEP 40% of GCSE

Exam preparation

Aerobic & Anaerobic exercise

Health, fitness & well-being

Revision for mock exams

Effects of exercise (Progress Test 1)

Diet & nutrition

AEP Action plan

Respiratory System

Cardiovascular system

YEAR 11

Revision for Mock exams

AEP Assessment

AEP Analysis of components of fitness

AEP Evaluation of strengths & weaknesses

AEP Movement Analysis

AEP Overview of key skills

Engagement Patterns

Ethical Issues (Progress Test 2)

Components of Fitness

Optimising Training

Movement Analysis (Progress Test 1)

Commercialisation

AEP Introduction

Training Principles

Warm up, cool down & preventing injury

Sport Psychology (Progress Test 3)

Skeletal System

Handle criticism

Perspectives

Growth mindset

Power of positivity

Muscular System

YEAR 10

Spread positivity

Look for positives

Fixed mindset

Reflection

Decision making

Equality

Courage

Redefining competition

Self-determination theory

Winning & losing

Rising to the challenge

Competing against yourself

Co-operation & competition

Problem solving

Identify the problem

Gather information

Collaboration

Planning

Determination

Year 9 will explore character development through a variety of team and individual games as well as other competitive sports

Etiquette

Sporting values

Work ethic

Adaptability

Empathy

Intra-personal skills

Express emotion

Fair play

Respect

YEAR 9

Coping with pressure

Patience

Behaviour

Regulate emotion

Label emotion

Asking questions

Providing & receiving feedback

Resilience

Resilience

Embracing failure

Marginal gains

Persistence

Be proactive

Growth mindset

Emotional intelligence

Emotional intelligence

Understand emotion

Conflict resolution

Year 8 will explore personal development through a variety of team and individual games, other competitive sports, dance and OAA

Communication

Determination

Celebrating progress

Extrinsic motivation

Motivation

Social benefits

Active listening

Non-verbal communication

Verbal communication

YEAR 8

Persistence

Setting goals

Intrinsic motivation

Emotions & activity

Mental benefits

Performance

Confidence

Confidence

Attitudes

Positive approaches to PE

Comfort zones

Failure

Growth mindset

Knowledge & understanding

PE

Sport & physical activity

Fitness

Physical benefits

Providing feedback

Year 7 will explore physical literacy through a variety of team and individual games, other competitive sports, dance and OAA

Movement Competence

YEAR 7

Practice

Competence

P.E.



LONGCROFT
—SCHOOL AND SIXTH FORM COLLEGE—