

**PE GCSE**  
**Year 10 assessment map**



Year 10	T1	T2	T3	T4	T5	T6
	<p>1.1 Applied anatomy and physiology</p> <p>Mid term key knowledge assessment -</p> <ul style="list-style-type: none"> <li>• short-term effects of exercise</li> </ul> <p>End of term - exam on Year 9 and T1 content.</p> <p>2c.2. Content of socio-cultural issues and sports psychology</p> <p>Mid term key knowledge assessment -</p> <ul style="list-style-type: none"> <li>• ethics in sport</li> <li>• drugs in sport</li> </ul> <p>End of term - exam on Year 9 and T1 content</p>	<p>1.1 Applied anatomy and physiology</p> <p>Mid Term key knowledge assessment -</p> <ul style="list-style-type: none"> <li>• long-term (training) effects of exercise</li> </ul> <p>End of term - exam on Year 9 and T1, T2 content</p> <p>2c.2. Content of socio-cultural issues and sports psychology</p> <p>Mid term key knowledge assessment -</p> <ul style="list-style-type: none"> <li>• violence in sport</li> <li>• characteristics of skilful movement</li> </ul> <p>End of term -</p>	<p>1.1 Applied anatomy and physiology</p> <p>Mid term key knowledge assessment -</p> <ul style="list-style-type: none"> <li>• Components of fitness</li> </ul> <p>End of term - exam on Year 9 and T1, T2, T3 content.</p> <p>2c.2. Content of socio-cultural issues and sports psychology</p> <p>Mid term key knowledge assessment -</p> <ul style="list-style-type: none"> <li>• classification of skills</li> </ul> <p>End of term - exam on Year 9 and T1, T2, T3 content</p>	<p>1.1 Applied anatomy and physiology</p> <p>Mid term key knowledge assessment -</p> <ul style="list-style-type: none"> <li>• components of fitness</li> </ul> <p>End of term - exam on Year 9 and T1, T2, T3, T4 content</p> <p>2c.2. Content of socio-cultural issues and sports psychology</p> <p>Mid term key knowledge assessment -</p> <ul style="list-style-type: none"> <li>• goal setting</li> </ul> <p>End of term - exam on Year 9 and T1, T2, T3, T4 content</p>	<p>1.1 Applied anatomy and physiology</p> <p>Mid term key knowledge assessment -</p> <ul style="list-style-type: none"> <li>• principles of training</li> </ul> <p>End of term - exam on Year 9 and T1, T2, T3, T4, T5 content</p> <p>2c.2. Content of socio-cultural issues and sports psychology</p> <p>mid term key knowledge assessment -</p> <ul style="list-style-type: none"> <li>• mental preparation</li> <li>• types of guidance</li> </ul> <p>End of term -</p>	<p>1.1 Applied anatomy and physiology</p> <p>Mid term key knowledge assessment -</p> <ul style="list-style-type: none"> <li>• optimising training</li> </ul> <p>End of term - exam on Year 9 and T1, T2, T3, T4, T5, T6 content</p> <p>2c.2. Content of socio-cultural issues and sports psychology</p> <p>Mid term key knowledge assessment -</p> <ul style="list-style-type: none"> <li>• types of feedback</li> </ul> <p>End of term - exam on Year 9 and T1, T2, T3, T4, T5, T6 content</p>

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	<p>Practical performances:</p> <ul style="list-style-type: none"> <li>• badminton</li> <li>• football</li> </ul>	<p>exam on Year 9 and T1, T2 content</p> <p>Practical performances:</p> <ul style="list-style-type: none"> <li>• badminton</li> <li>• football</li> </ul>	<p>Practical performances:</p> <ul style="list-style-type: none"> <li>• netball</li> </ul>	<p>Practical performances:</p> <ul style="list-style-type: none"> <li>• netball</li> </ul>	<p>exam on Year 9 and T1, T2, T3, T4 , T5 content</p> <p>Practical performances:</p> <ul style="list-style-type: none"> <li>• athletics</li> <li>• trampolining</li> </ul>	<p>Practical performances:</p> <ul style="list-style-type: none"> <li>• athletics</li> <li>• cricket</li> </ul>
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