



PE Key Stage 4 Curriculum Overview

Y10	<div> <div>GCSE PE</div> <div> <div>Week 1</div> <div>←</div> <div>→</div> <div>Week 39</div> </div> </div>								
Unit	Skeletal System Practical Performance	Muscular System Practical Performance	Movement Analysis Practical Performance	Cardiovascular System Practical Performance	Respiratory System Practical Performance	Effects of Exercise Practical Performance	Components of Fitness Practical Performance (Team)	Principles of Training Practical Performance (Individual)	Preventing Injury Practical Performance
<div> <div>Key content</div> <div>(know that...Know how...)</div> </div>	Location of major bones. Functions of the skeleton with applied examples. Types of synovial joint. Types of movement at hinge and ball and socket joints linked to sporting examples. Components of a joint, identified roles in movement and sport. Practical- Core, advanced skills and decision making in an individual sport. Practical- Core, advanced skills and decision making in a team sport.	Location of major muscle groups. The roles of muscle in movement. Examples of muscle use in movement. Practical- Core, advanced skills and decision making in an individual sport. Practical- Core, advanced skills and decision making in a team sport.	Three Lever systems with examples. Components of a lever system and how they work. What mechanical advantage is. Three Planes of movement with examples. Three Axes of rotation with examples. Practical- Core, advanced skills and decision making in an individual sport. Practical- Core, advanced skills and decision making in a team sport.	Structure of the CV system, pathway of blood. Three types of blood vessels and characteristics. Function of the CV system. Heart rate, stroke volume and cardiac output Practical- Core, advanced skills and decision making in an individual sport. Practical- Core, advanced skills and decision making in a team sport.	Structure of the RS. Pathway of air. Role of alveoli. Role of red blood cells. Mechanics of breathing. Breathing rate, tidal volume, minute ventilation. Differences between aerobic and anaerobic system with examples. Practical- Core, advanced skills and decision making in an individual sport. Practical- Core, advanced skills and decision making in a team sport.	Short term effects of exercise on the body systems. Long term effects of exercise on the body systems. Impact of effects of exercise on performance. Practical- Core, advanced skills and decision making in an individual sport. Practical- Core, advanced skills and decision making in a team sport.	Component of fitness definitions. Component of fitness sporting examples. Names and procedure for fitness tests. Application of components of fitness to sporting performance. Practical- Core, advanced skills and decision making in a team sport.	Principles of training – SPOR, applied to sport. FITT principle, applied to a training programme. Seven Methods of training with applied examples. Components of a warmup and cool down. Examples and impact on performer. Benefits of warming up and cooling down. Examples and impact on performer. Practical- Core, advanced skills and decision making in an individual sport.	Preventing the risk of injury. Ways to reduce risk. Potential risks and hazards in different settings with examples. Practical- Core, advanced skills and decision making in a team sport.
	Analysis and Evaluation of performance NEA ongoing (10% of overall mark)								
Prior Knowledge	Warm and cool down stretches of joints. Use of muscles for fitness.	Types of movement. Warm and cool down stretches of muscles. Role of tendons.	Types of movement. Antagonistic muscle contractions.	Heart, blood vessels and blood. Role of oxygen in energy production.	Role of oxygen in energy production. Breathing rate. Pathway of air.	Increases in HR, stroke volume and cardiac output. Increases in breathing rate, tidal volume, minute ventilation.	Knowledge of fitness testing key components.	Components of fitness. Warm up and cool down.	Warm up and cool down.

	Potential injuries.			Functions of skeleton to produce red blood cells. Heart rate.					
GCSE Assessment Objectives	<p>AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport.</p>	<p>AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport.</p>	<p>AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport.</p>	<p>AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport.</p>	<p>AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport.</p>	<p>AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport.</p>	<p>AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport.</p>	<p>AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport.</p>	<p>AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport.</p>
Assessments	<p>Component Assessment</p> <p>Assessment of knowledge identified above. Range of AO1 and AO2 style questions.</p> <p>Practical Assessment of range and quality of skills demonstrated for</p>	<p>Component Assessment</p> <p>Assessment of knowledge identified above. Range of AO1 and AO2 style questions.</p> <p>Practical Assessment of range and quality of skills demonstrated for team and individual sports.</p>	<p>Component Assessment</p> <p>Assessment of knowledge identified above. Range of AO1, AO2 and AO3 style questions.</p> <p>Practical Assessment of range and quality of skills demonstrated for team and individual sports.</p>	<p>Component Assessment</p> <p>Assessment of knowledge identified above. Range of AO1, AO2 and AO3 style questions.</p> <p>Diagnostic extended writing piece – pathway of blood around circulatory system, identifying key structures.</p> <p>Practical Assessment of range and quality of</p>	<p>Component Assessment</p> <p>Assessment of knowledge identified above. Range of AO1, AO2 and AO3 style questions.</p> <p>Practical Assessment of range and quality of skills demonstrated for team and individual sports.</p>	<p>Component Assessment</p> <p>Assessment of knowledge identified above. Range of AO1, AO2 and AO3 style questions.</p> <p>Practical Assessment of range and quality of skills demonstrated for team and individual sports.</p>	<p>Component Assessment</p> <p>Assessment of knowledge identified above. Range of AO1, AO2 and AO3 style questions.</p> <p>Diagnostic extended writing piece – application of components of fitness on performance, identify impact and explain consequence on performance without component of fitness.</p> <p>Practical Assessment of range and quality of skills</p>	<p>Component Assessment</p> <p>Assessment of knowledge identified above. Range of AO1, AO2 and AO3 style questions.</p> <p>Practical Assessment of range and quality of skills demonstrated for individual sport.</p>	<p>Component Assessment</p> <p>Assessment of knowledge identified above. Range of AO1, AO2 and AO3 style questions.</p> <p>Practical Assessment of range and quality of skills demonstrated for team and individual sports.</p> <p>Composite Assessment</p> <p>Exam Paper 1 – Marked and question level analysis completed to identify gaps in</p>

	team and individual sports.			skills demonstrated for team and individual sports.			demonstrated for team sport.		knowledge and tailor intervention.
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Y11	GCSE PE					
	<div> <div>←</div> <div>Week 1</div> <div>→</div> <div>Week 39</div> </div>					
Unit	Engagement patterns	Commercialisation of Sport	Ethical and socio-cultural issues	Sport Psychology Internal moderation of practical	Health Fitness and Well Being External moderation of practical	Revision techniques and spaced practice
Key content (know that...Know how...)	Trends in physical activity and sport in the UK. Social groups and trends. Levels of participation in physical activity and sport. Influences on participation in physical activity. Strategies to improve participation. Agencies responsible for improving participation. Practical- Core, advanced skills and decision making in a team sport.	The influence of media on sport. Types of media. The golden triangle. The influence of sponsorship on sport. Definition of commercialisation and sponsorship. Practical- Core, advanced skills and decision making in an individual sport.	The impact of ethics in sport. Three types of performance enhancing drugs in sport. Reasons for use of drugs and impact on sport and performer. Causes and impact of violence in sport. Practical- Core, advanced skills and decision making in an individual sport. Practical- Core, advanced skills and decision making in a team sport.	Characteristics of skilful movement with examples. Classification of skills and characteristics. Goal setting with applied examples. Mental preparation techniques. Evaluation of impact on performance. Types of guidance, advantages, and disadvantages with applied examples. Types of feedback and impact on performance.	Definitions of health, fitness, and wellbeing. Physical, emotional, and social benefits of physical activity and sport. Impact and consequences of a sedentary lifestyle. Role of diet and nutrition on performance in sport.	Recap and implement the below skills across all topics. Consolidate subject knowledge across all topics. Apply knowledge to exam questions. Exam technique. Revision skills including use of GCSEPod.
	Analysis and Evaluation of performance NEA ongoing (10% of overall mark).					
Prior Knowledge	Range of experiences in sport at KS3.	Knowledge of how sport is promoted.		SMART Targets. Skill Classification.	Physical benefits of physical activity.	2c.1. Content of Physical factors affecting performance. 2c.2. Content of Socio-cultural issues and sports psychology.
GCSE Assessment Objectives	AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. AO4 Demonstrate and apply relevant skills and techniques in physical	AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. AO4 Demonstrate and apply relevant skills and techniques in physical	AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. AO4 Demonstrate and apply relevant skills and techniques in physical	AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. AO4 Demonstrate and apply relevant skills and techniques in physical	AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. AO4 Demonstrate and apply relevant skills and techniques in physical	AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. AO4 Demonstrate and apply relevant skills and techniques in physical

	activity and sport. Analyse and evaluate performance.	activity and sport. Analyse and evaluate performance.	activity and sport. Analyse and evaluate performance.		activity and sport. Analyse and evaluate performance.	
Assessments	<p>Component Assessment</p> <p>Assessment of knowledge identified above. Range of AO1, AO2 and AO3 style questions.</p> <p>Practical Assessment of range and quality of skills demonstrated for team and/or individual sports.</p>	<p>Component Assessment</p> <p>Assessment of knowledge identified above. Range of AO1, AO2 and AO3 style questions.</p> <p>Practical Assessment of range and quality of skills demonstrated for team and individual sports.</p> <p>Composite Assessment</p> <p>Paper 1 mock exam – Marked and question level analysis completed to identify gaps in knowledge and tailor intervention.</p>	<p>Component Assessment</p> <p>Assessment of knowledge identified above. Range of AO1, AO2 and AO3 style questions.</p> <p>Diagnostic extended writing piece – deviance in sport. Identify reasons for deviance, evaluate impact on sport and performer.</p> <p>Practical Assessment of range and quality of skills demonstrated for team and/or individual sports.</p> <p>Internal Practical Exam of range and quality of skills demonstrated for identified team and individual sports. Moderated internally.</p> <p>Completion of AEP NEA. Submitted for internal marking and moderation.</p>	Component Assessment	<p>Component Assessment</p> <p>Assessment of knowledge identified above. Range of AO1, AO2 and AO3 style questions.</p> <p>Composite Assessment</p> <p>Paper 2 mock exam - Marked and question level analysis completed to identify gaps in knowledge and tailor intervention.</p> <p>Internal Practical Exam of range and quality of skills demonstrated for identified team and individual sports.</p>	<p>Assigned past papers.</p> <p>Marked and question level analysis completed to identify gaps in knowledge and tailor intervention and revision.</p>