



KS4 Curriculum Overview - GCSE Physical Education

Your child will learn about physiological, psychological, biomechanical and sociological aspects of sport and physical activity. They will also develop their knowledge, skills and understanding of the benefits of physical activity to health, fitness and wellbeing during each half term.

Term	Year 10	Year 11
Autumn 1	Fitness & Training: - The relationship between health and fitness and the role that exercise plays in both - The components of fitness, benefits for sport and how fitness is measured and improved - The principles of training and their application to personal exercise/training programmes - The relationship between health and fitness and the role exercise plays in both - How to optimise training and prevent injury - Effective use of warm-up and cool-down	Social-cultural Influences continued: - Engagement patterns of different social groups in physical activity and sport - Commercialisation of physical activity and sport - Ethical and social issues in physical activity and sport
Autumn 2	Anatomy & Physiology: - The structure & functions of the musculoskeletal system - The structure & function of the cardiorespiratory system	NEA - Written Coursework: - Analysis of performance - Evaluation of performance - Strategies to bring about improvement in performance
Spring 1	Anatomy & Physiology (continued): - Anaerobic & aerobic exercise - The short & long term effects of exercise	Revision Paper 1: - Applied anatomy & physiology - Movement analysis
Spring 2	Movement Analysis: - Lever systems, examples of their use in activity and the mechanical advantage they provide in movement - Planes and axes of movement - Use of data - Analyse and evaluate data	Revision Paper 2: - Sports psychology - Socio-cultural influences



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Summer 1	Health, Fitness & Well-being: - Physical, emotional and social health, fitness and wellbeing - The consequences of a sedentary lifestyle - Energy use, diet, nutrition and hydration	Revision Paper 1 & 2 and Exam Practice: - Use of data - Health, fitness and well-being - Fitness and training
Summer 2	Sports Psychology: - Classification of skills - The use of goal setting and SMART targets to improve and/or optimise performance - Basic information processing - Guidance & feedback - Mental preparation for performance	GCSE Public Examinations

Through the study of this subject your child will be expected to develop the following knowledge, skills and understanding:

Concept / Skill 1	Concept / Skill 2
- Knowledge of physiology, body systems and psychology - Knowledge of sociology and biomechanics	- Knowledge and appreciation of health, fitness, wellbeing and the impact physical exercise has upon these. - Develop their skills and performance in three sports. One team, one individual and one either team or individual

Parents can support their child by encouraging them to continue competing in at least one sport outside of school time and by checking Google Classroom for content, notices and homework.