

GCSE PE – Key Stage 4

Intent:

GCSE (9–1) study in Physical Education should be broad, coherent and practical, encourage learners to be inspired, motivated and challenged by the subject and **enable them to make informed decisions about further learning opportunities and career pathways.**

GCSE (9–1) specifications in Physical Education will **equip learners with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being.**

This will require them to:

- 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 and 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.

Term		Year 10 & 11		
		Topic	Knowledge	Skills
Term 1		Physical Training 1.2.a	Components of Fitness Fitness Tests	Identify the different components of fitness Describe the components of fitness Identify the different fitness tests for each component of fitness. Describe the protocol for each test and practically carry them out.
		Structure and Functions of the Skeletal System	Location of major bones Functions of skeleton Types of synovial joint and types of movement Other components of joints Location of major muscle groups Roles of muscle in movement	Identify the location/names of major muscles and bones in the body Describe the location of major bones and muscles in the body Explain the movement around a joint Analyse the movement around a joint Evaluate the movement around a joint and how it relates to sport. Identify the other components that make up a joint
		Movement analysis 1.1.c	Lever systems Planes and axis on the human body	Identify the 3 different lever systems Describe how the lever systems are formed Explain how they relate to sporting movements Identify the planes of movement and axes of rotation in the ball.

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	The cardiovascular and respiratory systems 1.1.d	Structure and function of the cardiovascular system Structure and function of the respiratory system Aerobic and Anaerobic exercise	Give examples of movements and sporting actions that take place in and around each. Explain what mechanical advantage is using examples. Identify the key components of the respiratory and cardiovascular systems Describe the key features of cardiovascular and respiratory systems/ pathway of blood and air Explain the pathway of blood and air around the body Analyse why that is effective for sporting performance Describe aerobic and anaerobic exercise and give examples of each.
	The effects of exercise on the body 1.1.e	Short term effects of exercise Long term effects of exercise	Identify the different effects of exercise on the human body Describe the different effects of exercise Explain the results of both long- and short-term effects of exercise Apply to sporting examples
	Applying the principles of training 1.2.b	Principles of Training – SPOR, FITT Optimising Training Methods of training Warm-ups and cool downs	Identify the principles of training Describe the principles of training Explain how the principles of training can be used Evaluate the effectiveness of each principle of training Analyse a training plan when using the principles of training Identify and describe the different methods of training, giving examples of each and which sporting performers would use them. Identify the stages of a warm-up and cool down, describe each stage and give examples of exercises for each stage. Explain the benefits of a warm-up and cool down.
	Sports Psychology 2.2.a	Classification of skill Characteristics of a skilful movement SMART goal setting Mental Preparation Types of Guidance Types of Feedback	Identify the classifications of skill, characteristics of a skilful movement, types of guidance and feedback Describe how goal setting and mental preparation can aid with performance Explain how sports psychology can aid in sporting performance Evaluate the effectiveness of different psychology techniques on sport.
	Engagement patterns of different social groups in physical activities and sport 2.1.a	Participation trends in the UK Factors affecting participation	Identify the different engagement patterns Describe how they affect participation

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	<p>Commercialisation of physical activity and sport 2.1.b</p> <p>Ethical and socio-cultural issues in physical activity and sport 2.1.c</p>	<p>Strategies to improve participation</p> <p>Commercialisation of sport</p> <p>Ethics in sport</p>	<p>Explain how each engagement pattern can be linked with participation levels</p> <p>Evaluate the result of each engagement patterns</p> <p>Analyse the data associated with participation resulting from each engagement pattern</p> <p>Explain the different strategies to improve participation and how they can have a positive effect.</p> <p>Identify the key parts of the golden triangle</p> <p>Describe the features of the golden triangle</p> <p>Explain how the different parts of the golden triangle are linked to each other.</p> <p>Identify all ethical approaches with regards to sporting competition</p> <p>Describe the different ethical values and give examples from sport.</p>
Term 2	<p>Preventing Injury in Physical Activity and Training</p> <p>Ethical and socio-cultural issues in physical activity and sport 2.1.c</p> <p>Health, Fitness and Well-being 2.3</p>	<p>Prevention of injury</p> <p>Drugs in sport</p> <p>Violence in sport</p> <p>Health, Fitness and Well-being</p> <p>Diet and nutrition</p>	<p>Identify what can cause an injury</p> <p>Describe how to prevent injury</p> <p>Explain the way to prevent injury</p> <p>Evaluate the effectiveness of the ways in which to prevent injury</p> <p>Explain the result of using performance enhancing drugs in sport and how that relates to ethics/violence</p> <p>Evaluate the effectiveness of drugs in sport and how that relates to an athlete's performance</p> <p>Identify the difference between health, fitness and well-being Describe the three key terms health, fitness and well-being Explain how different lifestyles/ attitudes lead to differences in a person's health, fitness and well-being</p> <p>Evaluate how different lifestyles can lead to different levels of health, fitness and well-being.</p> <p>Identify and describe the different components of a diet, give examples of food for each component.</p> <p>Explain their importance for sports performers and health</p>

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Term 3	Revision	Re-visiting topics from the specification to improve knowledge and understanding.	Recalling information from previously learnt topics Application of knowledge
	Exam Preparation	Practicing a variety of different style exam questions	Identifying, describing, explaining, analysing and evaluating the different aspects of physical education.