GCSE PE - Key Stage 4 Curriculum

Curriculum Intent

We have a strong belief that PE, sport and physical activity provides a great opportunity and vehicle for ***personal growth***, improving competence, building character and self-discipline, to help students make positive contributions in sport and wider society. At the end of year 11 a student at TASE will leave with an ambition and motivation to continue to be physically active. Through a broad and balanced experience, they will have acquire the knowledge, core skills and attributes to develop their physical literacy; the motivation, confidence, physical competence, knowledge and understanding that provides them with the movement foundation for lifelong participation in physical activity

Overview

Year 10

Chapter 1 – Anatomy and physiology

The structure and functions of the musculoskeletal system
The structure and functions of the cardio-respiratory system
Anaerobic and aerobic exercise
The short and long term effects of exercise

Chapter 2 – Levers, planes and axes

Lever systems, examples of their use in activity and the mechanical advantage they provide in movement
Planes and axes of movement

Chapter 3 – Physical training (CoF, types of training, SPORT)

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
How to optimise training and prevent injury
Effective use of warm up and cool down
Use of data

Coursework – Section 1

Analysis and evaluation of performance to bring about improvement in one activity.

Practical activities – Netball, Badminton, Athletics

Practical performance in three different physical activities in the role of player/performer

Content

Year 10

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Chapter 1 – Anatomy and physiology	**Chapter 2 – Levers, planes and axes**	**Chapter 3 – Physical training (CoF, types of training, SPORT)**	**Coursework – Section 1**		**Practical activities – Netball, Badminton, Athletics**
Students should develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport.	Students should develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity and sport.	Students should develop knowledge and understanding of the principles of training and different training methods in order to plan, carry out, monitor and evaluate personal exercise and training programmes.	Analysis and evaluation of performance to bring about improvement in one activity.		Practical performance in three different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or in an individual activity).

Year 11

Chapter 4 – Sports psychology

Classification of skills (basic/complex, open/closed)
The use of goal setting and SMART targets to improve and/or optimise performance
Basic information processing
Guidance and feedback on performance
Mental preparation for performance

Coursework – section 2

Analysis and evaluation of performance to bring about improvement in one activity.

Chapter 5 – socio-cultural influences

Engagement patterns of different social groups in physical activity and sport
Commercialisation of physical activity and sport
Ethical and socio-cultural issues in physical activity and sport

Chapter 6 – health and fitness

Physical, emotional and social health, fitness and wellbeing
The consequences of a sedentary lifestyle
Energy use, diet, nutrition and hydration

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
C4 – Sports psychology	**Coursework – sS2**	**C5-socio-cultural influences**	**C6 – health and fitness**	**Exam technique / preparation and revision**	
Students should develop knowledge and understanding of the psychological factors that can affect performers in physical activity and sport.	Analysis and evaluation of performance to bring about improvement in one activity.	Students should develop knowledge and understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society.	Students should develop knowledge and understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society		