

Key Stage 4 Curriculum Journey: GCSE PE Y10

The curriculum in GCSE PE will develop pupils' knowledge and understanding of physical and socio-cultural factors that can influence sport, health and physical activity. The practical element of the course focuses on developing the advanced skills needed to become a high-level performer in a variety of sports.

YEAR 10 CURRICULUM JOURNEY						
	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Topic						
	Paper 2- Health, fitness, wellbeing and the factors affecting participation in physical activity. Practical- Individual sport	Paper 1- The muscular and skeletal system and movement analysis. Practical – Team sport	Paper 2- Commercialisation in sport and ethics/behaviour in sport. Practical- Individual sport	Paper 1- Components of fitness and methods of training. Practical- Team sport	Paper 2- Skill classification guidance and feedback. Practical- Team sport	Paper 1- Principles of training and injury prevention. Practical- Individual sport
The Analysis and Evaluation of performance coursework (10%) will be completed throughout the academic year.						
Key Knowledge, Skills & Understanding	<p>Pupils will learn/know</p> <ul style="list-style-type: none"> Know what is meant by health, fitness and well-being Understand the different health benefits of physical activity and consequences of a sedentary lifestyle The current trends in participation in physical activity and sport. Understand how different factors can affect participation, including. Understand strategies which can be used to improve participation. <p>Practical- Core, advanced skills and decision making in an individual sport.</p>	<ul style="list-style-type: none"> Know the name and location of the bones in the human body. Know the skeletal functions. Know the different types of movement available at joints. Know the name and location of the major muscles in the human body. The roles of muscle in movement Short- and long-term effects of exercise of these body systems Know the three classes of lever and their use in physical activity and sport Know the location of the planes of movement, axis of rotation in the body and their application to physical activity and sport Practical- Core, advanced skills and decision making in a team sport. 	<ul style="list-style-type: none"> Understand the influence of the media on the commercialisation of physical activity and sport. Know the meaning of commercialisation, including sport, sponsorship and the media (the golden triangle). Understand the influence of sponsorship on the commercialisation of physical activity and sport. The value of sportsmanship • the reasons for gamesmanship and deviance in sport. Know and understand the reasons why sports performers use drugs • know the types of drugs and their effect on performance Know and understand the reasons for player violence Practical- Core, advanced skills and decision making in an individual sport. 	<ul style="list-style-type: none"> Know the components of fitness: Know how to test each of the components of fitness. know the definition of the elements of FITT and be able to apply these elements to personal exercise/training programmes Know the characteristics of the different methods of training. Practical- Core, advanced skills and decision making in an individual sport. 	<ul style="list-style-type: none"> Know the definition of motor skills Understand and be able to apply examples of the characteristics of skilful movement: Know continua used in the classification of skills, including: Be able to apply practical examples of skills for each continuum along with justification of their placement on both continua. Understand types of guidance, their advantages and disadvantages, and be able to apply practical examples to their use Understand types of feedback and be able to apply practical examples to their use Practical- Core, advanced skills and decision making in an individual sport. 	<ul style="list-style-type: none"> Know the definitions of principles of training and be able to apply them to personal exercise/training programmes. Understand how the risk of injury in physical activity and sport can be minimised and be able to apply examples. Know potential hazards in a range of physical activity and sport settings and be able to apply example
GCSE Assessment Objectives	2.1. a. Engagement patterns of different social groups in physical activities and sports, 2.3 Health, fitness and well-being	1.1. a. The structure and function of the skeletal and muscular system. 1.1. c. Movement analysis 1.1. e. Effects of exercise on body systems	2.1. b. Commercialisation of physical activity and sport 2.1. c. Ethical and socio-cultural issues in physical activity and sport	1.2. a. Components of fitness 1.2. b. Applying the principles of training	2.2 Sports psychology	1.2. b. Applying the principles of training. 1.2. c. Preventing injury in physical activity and training
MAPs	Pupils will complete 2 MAPs per half term on each of the topics covered.	Pupils will complete 2 MAPs per half term on each of the topics covered.	Pupils will complete 2 MAPs per half term on each of the topics covered.	Pupils will complete 2 MAPs per half term on each of the topics covered.	Pupils will complete 2 MAPs per half term on each of the topics covered.	Pupils will complete an end of year assessment on both papers.

Key Stage 4 Curriculum Journey: GCSE PE Y11

The curriculum in GCSE PE will develop pupils' knowledge and understanding of physical and socio-cultural factors that can influence sport, health and physical activity. The practical element of the course focuses on developing the advanced skills needed to become a high-level performer in a variety of sports.

YEAR 11 CURRICULUM JOURNEY						
Topic	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
	Paper 1- Cardiovascular system. Practical- Individual sport	Paper 2- Goal setting, mental preparation and balanced diet Practical- Team sport	Paper 1- Respiratory system Practical – Individual sport	Alternative weekly between Paper 1 and Paper 2 topics Practical- External moderation preparation.	Alternate weekly between Paper 1 and Paper 2 topics. Practical – External moderation preparation	
The Analysis and Evaluation of performance coursework (10%) will be completed throughout the academic year.						
Key Knowledge, Skills & Understanding	<ul style="list-style-type: none"> Know the double-circulatory system (systemic and pulmonary) Know the different types of blood vessel Understand the pathway of blood through the heart Know the role of red blood cell Know the definitions of the cardiac values Know the short- and long-term effect of exercise on the body system. Practical- Core, advanced skills and decision making in an individual sport. 	<ul style="list-style-type: none"> Understand and be able to apply examples of the use of goal setting Understand the SMART principle of goal setting with practical examples Know mental preparation techniques and be able to apply practical examples to their use Know the definition of a balanced diet • know the components of a balanced diet Understand the effect of diet and hydration on energy use in physical activity Practical- Core, advanced skills and decision making in a team sport. 	<ul style="list-style-type: none"> Understand the pathway of air through the respiratory system. Know the role of respiratory muscles in breathing Know the cardiac values Know the definitions of the respiratory values Understand about alveoli as the site of gas exchange Be able to apply practical examples of aerobic and anaerobic activities in relation to intensity and duration. Know the short- and long-term effect of exercise on the body system. Practical- Core, advanced skills and decision making in an individual sport. 	<p>Recap and implement the below skills across all topics</p> <ul style="list-style-type: none"> Consolidate subject knowledge across all topics, Application of knowledge to exam questions. Exam technique. Revision skills Learning strategies <p>Practical- Core, advanced skills and decision making in an individual/team sport.</p>	<p>Recap and implement the below skills across all topics</p> <ul style="list-style-type: none"> Consolidate subject knowledge across all topics, Application of knowledge to exam questions. Exam technique. Revision skills Learning strategies <p>Practical- Core, advanced skills and decision making in an individual/team sport.</p>	
GCSE Assessment Objectives	1.1. e. Effects of exercise on body systems 1.1. e. Effects of exercise on body systems	2.2 Sports psychology 2.3 Health, fitness and well-being	1.1. d. The cardiovascular and respiratory systems 1.1. e. Effects of exercise on body systems	2c.1. Content of Physical factors affecting performance (J587/01) 2c.2. Content of Socio-cultural issues and sports psychology (J587/02)	2c.1. Content of Physical factors affecting performance (J587/01) 2c.2. Content of Socio-cultural issues and sports psychology (J587/02)	
MAPs	Pupils will complete 2 MAPs per half term on each of the topics covered.	Pupils will complete 2 MAPs per half term on each of the topics covered. Mock exam on all topics	Pupils will complete 2 MAPs per half term on each of the topics covered.	Pupils will complete 2 MAPs per half term on each of the topics covered. Mock exam on all topics.	Pupils will complete 2 MAPs per half term on each of the topics covered.	