

## Key Stage 4 PE Curriculum Overview 2021 - 2022

Year Group	Topics – Term 1	Key assessments	Topics – Term 2	Key assessments	Topics – Term 3	Assessments
10 Covers all the syllabus for Paper 2 of the AQA GCSE PE Exam	<p><b><u>Unit 1</u></b> <b><u>Health, fitness and well-being</u></b></p> <p>Physical, emotional and social health, fitness and well-being</p> <p><b><u>Unit 2</u></b> <b><u>Socio-cultural influences</u></b></p> <p>Engagement patterns of different social groups in physical activity and sport</p>	<p>Mini Progress Test</p> <p>Exam Style Questions</p> <p>End of Unit Exams</p>	<p><b><u>Unit 3</u></b> <b><u>Socio-cultural influences</u></b></p> <p>Ethical and socio-cultural issues in physical activity and sport</p> <p><b><u>Unit 4</u></b> <b><u>Sports psychology</u></b></p> <p>Skill - Ability</p>	<p>Drugs in sport PowerPoint presentation.</p> <p>End of Unit Exams</p>	<p><b><u>Section 5</u></b> <b><u>Sports psychology</u></b></p> <p>Mental preparation for performance</p> <p>NEA- Coursework.</p> <p>Students work on their coursework.</p>	<p>Types of Aggression worksheet.</p> <p>End of Unit Exam</p> <p>Final – Full Exam Paper – Paper 2</p>
11 Covers all the syllabus for Paper 1 of the AQA GCSE PE Exam	<p><b><u>Unit 1</u></b> <b><u>Applied Anatomy and Physiology</u></b></p> <p>The structure and functions of the musculoskeletal system</p> <ul style="list-style-type: none"> <li>Bones</li> </ul> <p><b><u>Unit 2</u></b> <b><u>Applied Anatomy and Physiology</u></b></p> <p>The structure and functions of the</p>	<p>Exam Style Questions</p> <p>End of Unit Exams</p> <p>Mock Exam – Paper 1 and Paper 2</p>	<p><b><u>Unit 4</u></b> <b><u>Physical training</u></b></p> <p>The relationship between health and fitness and the role that exercise plays in both.</p> <p><b><u>Unit 5</u></b> <b><u>Principles of Training</u></b></p> <p>The principles of training and their application to personal exercise/training programmes</p>	<p>Exam Style Questions</p> <p>End of Unit Exams</p> <p>Final – Full Exam – Paper 1 and Paper 2</p>		

cardio-respiratory  
system  
**Unit 3**  
**Applied Anatomy**  
**and Physiology**  
Anaerobic and aerobic  
exercise

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