

Programmes of Study – Physical Education

KS3/4 Curriculum (Core PE)

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| Athletics |
| Badminton |
| Basketball |
| Cricket |
| Dance |
| Fitness |
| Football |
| Gymnastics |
| Handball |
| Hockey |
| Netball |
| Rounders |
| Rugby (Boys) |
| Tennis |
| Table Tennis |

All sports are covered via the KS3 and KS4 curriculum and/or through the comprehensive extra-curricular programme.

KS4 – GCSE PE

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| YEAR 9 – Paper 2: Socio-cultural influences and well-being in physical activity and sport | |
| 1 | <u>Health, fitness and well-being</u> <ul style="list-style-type: none"> Physical, emotional and social health, fitness and well-being The consequences of a sedentary lifestyle Energy use, diet, nutrition and hydration |
| 2 | <u>Socio-cultural influences</u> <ul style="list-style-type: none"> Engagement patterns of different social groups in physical activity and sport Commercialisation of physical activity and sport |
| 3 | <u>Socio-cultural influences</u> <ul style="list-style-type: none"> Ethical and socio-cultural issues in physical activity and sport |
| 4 | <u>Sports psychology</u> <ul style="list-style-type: none"> 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 |
| 5 | <u>Sports psychology</u> <ul style="list-style-type: none"> Mental preparation for performance |
| YEAR 10 – Paper 1: The human body and movement in physical activity and sport | |
| 1 | <u>Applied Anatomy and Physiology</u> <ul style="list-style-type: none"> The structure and functions of the musculoskeletal system <u>Movement analysis</u> <ul style="list-style-type: none"> Lever systems, examples of their use in activity and the mechanical advantage they provide in movement. Planes and axes of movement |
| 2 | <u>Applied Anatomy and Physiology</u> <ul style="list-style-type: none"> The structure and functions of the cardio-respiratory system |
| 3 | <u>3.1.1 Applied Anatomy and Physiology</u> <ul style="list-style-type: none"> Anaerobic and aerobic exercise The short and long term effects of exercise |

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| 4 | <p><u>Physical training</u></p> <ul style="list-style-type: none"> • 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 |
| 5 | <p><u>3.1.3 Physical training</u></p> <ul style="list-style-type: none"> • 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 |

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| YEAR 11 – COURSEWORK AND REVISION | |
| 1 | <p><u>Coursework</u></p> <ul style="list-style-type: none"> • Performance analysis assessment (analysis and evaluation) • Analysis – strengths and weaknesses • Evaluation – the use of theoretical principles to cause improvement |
| 2 | <p><u>Revision</u></p> <ul style="list-style-type: none"> • All topics to be revised in detail prior to the exams in June |

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| | <p><u>Practical</u></p> <ul style="list-style-type: none"> • The practical element of the GCSE course is covered within Core PE lessons. There is an expectation of all GCSE students that they participate in school teams and extra- curricular clubs including ones offered by the school and those outside of school time. |
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