



SUBJECT: Physical Education

PE Key Stage 4 GCSE Curriculum Content – 2017/18

	<u>Year 9/ 10: Single lesson 1</u>	<u>Yr 9/10 - Single lesson 2</u>	<u>Year 11</u>
<u>HT1</u>	<p>Topic 2 Health, fitness and well-being</p> <p>1.1 Physical emotional and social health, fitness and well-being</p> <ul style="list-style-type: none"> Physical, emotional and social health 	<p>Topic 2 Sports Psychology</p> <p>2.1 Classification of skills (basic/ complex, open/closed)</p> <ul style="list-style-type: none"> Classification Practice structures 	<p>Content Revision – 1.1.4</p> <ul style="list-style-type: none"> Assess personal readiness (PARQ) Assess fitness levels Principles of training Verbal / Practical Moderation
<u>HT2</u>	<ul style="list-style-type: none"> Impact on fitness Lifestyle choices Positive and negative impact of life stychoicesle 	<p>2.2 The use of goal setting, SMART targets to improve performance</p> <ul style="list-style-type: none"> Principles of SMART Use of goal setting Use of data 	<p>Content Revision – 1.1.4</p> <ul style="list-style-type: none"> SMART targets Methods of training Exercise Session Analysing training sessions Verbal / Practical Moderation
<u>HT3</u>	<p>1.2 The consequences of a sedentary lifestyle.</p> <ul style="list-style-type: none"> Consequences: overweight, overfat, obese Interpretation of data <p>Energy use, diet, nutrition and hydration</p> <ul style="list-style-type: none"> Role and importance of macro/ micronutrients Factors affecting optimum weight Hydration 	<p>2.3 Guidance and feedback on performance</p> <ul style="list-style-type: none"> Types of guidance Types of feedback Advantages and disadvantages of guidance in sporting context 	<p>Content Revision – 1.2.2</p> <ul style="list-style-type: none"> Cardiovascular System Immediate / short term effects of exercise Blood pressure 6 marker essays PEP's completion
<u>HT4</u>	<p>Topic 1 Applied anatomy</p> <p>Structure and functions of the musculo-skeletal system</p> <ul style="list-style-type: none"> 1.1 Functions of skeleton Classification of bone Structure Classification of bones Movement 	<p>2.4 Mental preparation</p> <ul style="list-style-type: none"> Warmup Mental rehearsal Arousal Use of data 	<p>Content Revision – 1.2.3</p> <ul style="list-style-type: none"> Respiratory System Immediate, short and long term effects Effects of smoking <p>1.2.4 & 1.2.5</p> <ul style="list-style-type: none"> Muscular / Skeletal Systems Effects on training Immediate, short and

	<ul style="list-style-type: none"> • Role of ligaments and tendons • Levers and Planes of axes 		<ul style="list-style-type: none"> • long term effects • 6 marker essays 1.1.2 <ul style="list-style-type: none"> • Initiatives 1.2.1 <ul style="list-style-type: none"> • Diet / Nutrition • Oral / Practical Moderation
<u>HT5</u>	Muscular System <ul style="list-style-type: none"> • Classification and characteristics of muscle types • Location and role of muscles • Antagonistic pairs of muscles • Characteristic of fast and slow twitch muscle fibres 	Topic 3 Social-cultural influences 3.1 Engagement patterns <ul style="list-style-type: none"> • Participation, personal, gender, age, socio-economic, ethnicity, disability • Interpretation of data 	Individualised, Focused Revision <ul style="list-style-type: none"> • Specific topics • Key teachings • Higher order questions (2, 3, 4 and 6 markers)
<u>HT6</u>	1.2 Structure and functions of the cardiorespiratory system <ul style="list-style-type: none"> • Functions of cardiovascular system • Structure of system • Components • Composition of inhaled and exhaled air • Composition of respiratory system • Anaerobic and aerobic exercise • Short /long term effects of exercise 	3.2 Commercialisation of physical activity and sport <ul style="list-style-type: none"> • Relationship between commercialisation, media and sport • Advantages and disadvantages of media, sponsor player/performer and spectator 3.3 Ethical and social-cultural issues in sport <ul style="list-style-type: none"> • Types of sporting behaviour • sportsmanship/gamesmanship • Consequences of deviance at elite level 	