



KS4 GCSE Curriculum Guide

Subject: **Physical Education**

Subject Leader: **Casandra Mckoy**

Method of assessment

Students will follow the specification of the Edexcel examination board. Student will be assessed formatively during each term and they will complete a summative assessment at the end of each half term in both practical and theory.

Overview

	Autumn Term	Spring Term	Summer Term
Year 10	Health, Fitness and Well-being An introduction to using a PEP to develop fitness, health, exercise and performance Components of fitness Fitness tests – theory and practice Principles of training Methods of training Long term effects of training on the musculo-skeletal system	Health, Fitness and Well-being Long term effects of training on the cardio-respiratory system Identification and treatment of injury Injury prevention in physical activity Performance enhancing drugs Socio-cultural Influences Factors affecting participation in physical activity Participation rate trends – use of data Commercialisation and the media	Health, Fitness and Well-being Physical, emotional and social health Lifestyle choices Impact of lifestyle choices Sedentary lifestyles and consequences Balanced diet and the role of nutrients Optimum weight Sport Psychology Goal setting – SMART targets Classification of skills Types of guidance
Year 11	Applied Anatomy and Physiology Functions of the skeletal system Classification of bones Applied Anatomy and Physiology Structure of the skeletal system	Respiratory system Structure and function of alveoli Energy sources; aerobic and anaerobic exercise and short term effects of exercise Movement Analysis Lever system – first, second and third class levers Mechanical advantage in sport and physical activity	Movement possibilities at joints Joint classification and impact on movement axes Planes and axes – generalised Practical and Theory Examination Preparation: Mock Paper tests, Mock Practical Performances, Video analysis of own and others performances, further test paper analysis. Theory Paper exam. Practical Sports Performance Exam.

Text Book/Reference/Resource guide:

Edexcel GCSE Physical Education

Edexcel GCSE PE Revision guide and workbook

<http://www.peresourcesbank.co.uk/>