



# Physical Education Department

## GCSE Physical Education

Program of Study: Key stage 4

### Key Concepts

Communication	Decision Making	Teamwork and Leadership	Health and Wellbeing	Personal Challenge
Students in a variety of contexts impart or exchange information by speaking, writing, or using another medium	Students develop the action or process of making important decisions in a range of contexts.	Leadership, teamwork, and interpersonal skills are developed when students are engaged in movement contexts. Students develop leadership knowledge and understanding about how to balance rights, roles, and responsibilities in a range of situations/ contexts.	Students learn the importance of health and well-being both in terms of physical, mental, and social. Health and well-being can be described as the achievement and maintenance of physical fitness and mental stability.	By actively participating in contexts that involve challenge, students extend and test their physical, mental, and emotional limits, both individually and as part of a group.

### Key Themes

Applied anatomy and physiology	Physical training	Socio-cultural influences	Sports psychology	Health, fitness and wellbeing	Performance
Learners will develop knowledge and understanding of the basic structures and functions of body systems that are particularly important to physical activities and sports and the long term and short term effects.	Learners will develop their knowledge and understanding of the components of fitness required for physical activities and sports and how each can be measured.  Learners will also be able to apply their knowledge of training principles to personal exercise/training programmes to improve fitness, along with the knowledge of how to optimise training and helping to prevent injury.	Learners will develop their knowledge and understanding of the factors that continue to impact on physical activities and sports.	Learners will develop their knowledge and understanding of the psychological factors that can affect performers. They will also develop their knowledge and understanding of how movement skills are learned and performed in physical activities and sports.	Learners will develop their knowledge and understanding of the benefits of participating in physical activities and sport to health, fitness and well-being as well as having a clear definition of health and fitness.	Learners should be taught the necessary knowledge to undertake a range of roles in a variety of activities.

# Key Stage 4

YEAR: 9

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
<b>Practical</b>	Topic: Netball (core skills) Skills taught are dependent on groups ability level and skills already covered.								Topic: Table Tennis (core skills) Skills taught are dependent on groups ability level and skills already covered.						Topic: Handball (core skills) Skills taught are dependent on groups ability level and skills already covered.					Topic: Badminton (core skills) Skills taught are dependent on groups ability level and skills already covered.					Topic: Athletics Athletics events taught are dependent on groups ability level and skills already covered.					Topic: Trampolining (core skills) Skills taught are dependent on groups ability level and skills already covered.									
	[Color-coded grid]								[Color-coded grid]						[Color-coded grid]					[Color-coded grid]					[Color-coded grid]					[Color-coded grid]									
	Assessment Method Practical assessment – skills & application to game play								Assessment Method Practical assessment – skills & application to game play						Assessment Method Practical assessment – skills & application to game play					Assessment Method Practical assessment – skills & application to game play					Assessment Method Practical assessment – skills & technique					Assessment Method Practical assessment – skills & technique									
<b>Theory</b>	Topic: Skeletal system (unit 1.1a)								Topic: Muscular system (unit 1.1b) Movement analysis (unit 1.1c)						Topic: Cardiovascular system (unit 1.1d)					Topic: Respiratory system (unit 1.1d) Aerobic/anaerobic exercise (unit 1.1d)					Topic: Effects of exercise on body systems (unit 1.1e) Components of Fitness (unit 1.2a)					Topic: Physical Training Applying the principles of training (unit 1.2b) Injury prevention (unit 1.2c)									
	[Color-coded grid]								[Color-coded grid]						[Color-coded grid]					[Color-coded grid]					[Color-coded grid]					[Color-coded grid]									
	Assessment Method End of topic tests								Assessment Method End of topic tests						Assessment Method End of topic tests					Assessment Method End of topic tests					Assessment Method End of topic tests					Assessment Method End of year (paper 1) test									

**YEAR: 10**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39					
<b>Practical</b>	Topic: Badminton (advanced skills)  Skills taught are dependent on groups ability level and skills already covered.								Topic: Handball (advanced skills)  Skills taught are dependent on groups ability level and skills already covered.						Topic: Table tennis (advanced skills)  Skills taught are dependent on groups ability level and skills already covered.						Topic: Trampoline (advanced skills)  Skills taught are dependent on groups ability level and skills already covered.						Topic: Athletics  Athletics events taught are dependent on groups ability level and skills already covered.						Topic: Netball (advanced skills)  Skills taught are dependent on groups ability level and skills already covered.											
	Assessment Method Practical assessment – skills & application to game play								Assessment Method Practical assessment – skills & application to game play						Assessment Method Practical assessment – skills & application to game play						Assessment Method Practical assessment – skills, technique and routines						Assessment Method Practical assessment – skills & technique						Assessment Method Practical assessment – skills & application to game play											
<b>Theory</b>	Topic: Sports Psychology (unit 2.2)								Topic: Health, Fitness and well-being (unit 2.3) Diet & nutrition (unit 2.3)								Topic: Socio-cultural influences - Engagement patterns (unit 2.1a) - Commercialisation (unit 2.1b)								Topic: Socio-cultural influences - Ethics, drugs and violence in sport (unit 2.1c)								Topic: Coursework						Topic: Coursework					
	Assessment Method End of topic tests								Assessment Method End of topic tests								Assessment Method End of topic tests								Assessment Method End of topic tests								Assessment Method Internal assessment						Assessment Method Internal assessment Moderate coursework PPE					

**YEAR: 11**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
<b>Practical</b>	Topic: Handball (recap of skills and decision making)								Topic: Trampolining and Table Tennis (recap of skills and decision making)						Topic: Badminton and netball (recap of skills and decision making)						Topic: Moderation prep (drills for each sport)																		
	Mock moderation to happen in this term																																						
	Assessment Method Practical assessment – skills, application to game play and decision making								Assessment Method Practical assessment – skills, application to game play and decision making						Assessment Method Practical assessment – skills, application to game play and decision making						Assessment Method Practical assessment – skills, application to game play and decision making						External moderation												
<b>Theory</b>	Topic: Exam technique- understanding key terms and identifying what the question is asking (1-5 mark questions) - Link to paper 1 & 2 content								Topic: Exam technique- understanding key terms and identifying what the question is asking (6 mark questions) - Link to paper 1 & 2 content						Topic: Data analysis and its application to sport - Link to paper 1 & 2 content						Topic: Practical example application of topics - Link to paper 1 & 2 content						Topic: Final exam preparation												
	Assessment Method Review of exam technique Internal moderation Review of coursework PPE								Assessment Method Regular review of exam technique						Assessment Method Data analysis test PPE exams						Assessment Method End of topic test						Assessment Method GCSE exams												