



Physical Education KS4

Intent

GCSE (9–1) specifications in Physical Education will equip learners with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being. This will require them to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how the physiological and psychological state affects performance in physical activity and sport
- perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to analyse and evaluate to improve performance in physical activity and sport
- understand the contribution which physical activity and sport make to health, fitness and well-being
- understand key socio-cultural influences which can affect people's involvement in physical activity and sport.

Catholic Ethos

The GCSE Specification lends itself to teaching of Catholic values through sporting values and actions, including:

- Sportsmanship
- Ethics in sport, including violence and gamesmanship being negative aspects

On top of this, in lessons, both practically and theoretically, lessons are structured in a way that:

- Encourages respect one another
- Support on another in their development through peer feedback
- Encourage the development of self through self assessment
- Engage in conversation to aid learning
- Seating plans are organised in order to support all students to reach their potential

| | AUTUMN TERM | SPRING TERM | SUMMER TERM |
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| Year 10 | 1.2a Components of fitness <ul style="list-style-type: none"> - Components of fitness 1.1a The structure and function of the skeletal system <ul style="list-style-type: none"> - Functions of the skeleton - The location of major bones - The components of Synovial joints - Types of Synovial joints - Types of movement at joints | 1.1d The structure and function of the respiratory system <ul style="list-style-type: none"> - The pathway of air through the respiratory system - The role of the respiratory muscles in breathing - Alveoli: the site of gas exchange - Respiratory values - Aerobic and anaerobic exercise 1.1e The effects of exercise <ul style="list-style-type: none"> - The short-term effects of exercise | 2.2 Sports psychology A <ul style="list-style-type: none"> - Characteristics of skilful performance - Classification of skill - Mental Preparation 2.2 Sports Psychology B <ul style="list-style-type: none"> - Types of feedback - Types of guidance |



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| | <p>1.1b The structure and function of the muscular system</p> <ul style="list-style-type: none"> - The location of major muscle groups - The roles of muscles in movement <p>1.1c Movement Analysis</p> <ul style="list-style-type: none"> - Lever System - Planes of movement <p>1.1d The structure and function of the cardiovascular system</p> <ul style="list-style-type: none"> - The blood vessels - The structure of the heart - The double circulatory system - The pathway of blood through the heart - Cardiac Values | <ul style="list-style-type: none"> - The long-term effects of exercise | |
| I m p a c t | <p>NEA Coursework</p> <ul style="list-style-type: none"> - Fitness testing and data collection - Section 1 and 2 - Evaluation and Analysis completed after 1.2a - Section 5 - Movement Analysis completed after 1.1b <p>Homework Exam style questions, low stake multiple choice questions.</p> <p>Lesson Self assessment of own work during lesson, retrieval starter quizzes, mastery knowledge tests, class exams.</p> <p>NEA - Practical Ongoing assessment of 'on-site' practical activities.</p> | <p>NEA Coursework</p> <ul style="list-style-type: none"> - Section 3 - Overview <p>Homework Exam style questions, low stake multiple choice questions.</p> <p>Lesson Self assessment of own work during lesson, retrieval starter quizzes, mastery knowledge tests, class exams.</p> <p>NEA - Practical Ongoing assessment of 'on-site' practical activities.</p> | <p>NEA Coursework</p> <ul style="list-style-type: none"> - Section 4 Assessment - Section 5 - Movement analysis skill continuum completed after classification of skills <p>Year 10 mock exam paper 1 (with some paper 2 added)</p> <p>Homework Exam style questions, low stake multiple choice questions.</p> <p>Lesson Self assessment of own work during lesson, retrieval starter quizzes, mastery knowledge tests, class exams.</p> <p>NEA - Practical Ongoing assessment of 'on-site' practical activities.</p> |



Physical Education KS4

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| Year 11 | <p>1.2b Applying the principles of training</p> <ul style="list-style-type: none"> - Principles of training (SPOR) - Optimising training (FITT, types of training) <p>1.2c Preventing Injury in Physical Activity and Training</p> <ul style="list-style-type: none"> - Prevention of injury - risks - Prevention of injury - hazards <p>2.2 Sports Psychology C</p> <ul style="list-style-type: none"> - Goal setting - SMART goal setting <p>2.1a Engagement patterns of different social groups in physical activities and sports</p> <ul style="list-style-type: none"> - Trends in participation in the UK - Factors affecting participation - Strategies to improve participation <p>2.1b Commercialisation of physical activity and sport</p> <ul style="list-style-type: none"> - Different types of media - The golden triangle - The effects of media on commercialisation - Effects of sponsorship on commercialisation | <p>2.1c Ethical and sociocultural issues on physical activity and sport</p> <ul style="list-style-type: none"> - Ethics in sport - Drugs in sport - Violence in sport <p>2.3 Health, fitness and well-being</p> <ul style="list-style-type: none"> - Health and Well-being - The benefits of physical activity - Consequences of a sedentary lifestyle - Health, fitness and different age groups | <p>Key revision strategies:</p> <ul style="list-style-type: none"> ● Setting goals through targeted meetings with staff ● Mind maps ● Flash cards ● Videos of topics ● Quick fire questions ● Exam question technique recap ● Exam questions ● Peer assessment ● Self-assessment <p>Whilst the above are continuous throughout the academic years, this term allows pupils to focus on and develop areas of weakness identified from their previous mock exam.</p> |



Physical Education KS4

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| I m p a c t | <p>Homework Exam style questions, low stake multiple choice questions.</p> <p>Lesson Self assessment of own work during lesson, retrieval starter quizzes, mastery knowledge tests, class exams.</p> <p>NEA - Coursework Section 6 - Action Plan completed after SMART goal setting</p> <p>NEA - Practical Ongoing assessment of 'on-site' practical activities.s</p> <p>After school masterclasses begin based on mock grades</p> | <p>Homework Exam style questions, low stake multiple choice questions.</p> <p>Lesson Self assessment of own work during lesson, retrieval starter quizzes, mastery knowledge tests, class exams.</p> <p>NEA - Practical Ongoing assessment of 'on-site' practical activities.</p> <p>After school masterclasses continue</p> <p>Spring term mock exams on topics to date</p> <p>Final assessment of 'on-site' practical activities -0 NEA deadline 15th March</p> | <p>Final Exams</p> |
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