

## KS4 Curriculum Overview (GCSE PE)

**(1 YEAR)**

TERM 1 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p><b>Paper 1</b> <b>Cardio-Respiratory System</b></p> <p><b>Paper2</b> <b>Skill classification, SMART targets, Information Processing Model</b></p>	<p>Anatomy and physiology- how hearts and lungs work in isolation and together- Links with Science</p> <p>Identifying different ways to group data Analysing and evaluating goal setting</p>	<p>Sports Coach, Sports Pyschologist, Physiotherapist, PE Teacher, Athlete, Nutritionist</p>
TERM 2 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p><b>Paper 1</b> <b>Muscular-Skeletal System</b></p> <p><b>Paper2</b> <b>Guidance, Feedback, Mental Preparation, Arousal</b></p>	<p>Anatomy and physiology- knowing bones and muscles and how they work together to create movement- Links with Science</p> <p>Ability to debate and evaluate</p>	<p>Sports Coach, Sports Pyschologist, Physiotherapist, PE Teacher, Athlete, Nutritionist</p>
TERM 3 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p><b>Paper 1</b> <b>Effects of Exercise and Aerobic and Anaerobic Exercise</b></p> <p><b>Paper2</b> <b>Aggression, Personality, Motivation</b></p>	<p>Understanding is happening and happens to our bodies when we exercise</p> <p>Applying real world scenarios to psychological theories Links with GCSE Psychology</p>	<p>Sports Coach, Sports Pyschologist, Physiotherapist, PE Teacher, Athlete, Nutritionist</p>
TERM 4 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p><b>Paper 1</b> <b>Components of Training, Warm Up and Cool Downs and Prevention of Injuries</b></p> <p><b>Paper2</b> <b>Engagement Patterns, Commercialisation, Technology</b></p>	<p>Ability to identify strengths and weaknesses and training effectively</p>	<p>Sports Coach, Sports Pyschologist, Physiotherapist, PE Teacher, Athlete, Nutritionist</p> <p>Tolerance of others Mutual respect</p>

	Presentation skills, links to business studies and finance and health and social care	
<b>TERM 5 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
<b>Paper 1</b> <b>Relationship Health and Fitness Principals of Training</b>  <b>Paper2</b> <b>Performance Enhancing Drugs, Hooliganism</b>	Ability to plan training plan suited to improving skill and fitness needs.  Presentation and debating skills, problem solving – how to overcome hooliganism	<b>Sports Coach, Sports Psychologist, Physiotherapist, PE Teacher, Athlete, Nutritionist</b>  <b>The rule of law</b>
<b>TERM 6 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
<b>Analysis of Practical Performance</b>	Analysing and evaluating performance. Literacy skills – extended writing development Numeracy skills – calculating heart rates and exercise intensity	<b>Sports Coach, Sports Psychologist, Physiotherapist, PE Teacher, Athlete, Nutritionist, Journalist, Commentator</b>

### KS4 Curriculum Overview (GCSE PE)

#### Year 2

<b>TERM 1 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
<b>Paper 1</b> <b>Planes and Axis</b>  <b>Paper2</b> <b>Health and Wellbeing, Obesity, Somatotypes</b>	Movement analysis- how movements are created  Identifying and describing different body types	<b>Sports Coach, Sports Psychologist, Physiotherapist, PE Teacher, Athlete, Nutritionist</b>
<b>TERM 2 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
<b>Paper 1</b> <b>Levers and Mechanical Advantage</b>  <b>Paper2</b> <b>Diet and Nutrition</b>	Movement analysis- how movements are created  Strong links with GCSE Food Technology	<b>Sports Coach, Sports Psychologist, Physiotherapist, PE Teacher, Athlete, Nutritionist</b>  <b>Individual Liberty</b>

	Describing the importance of diet on general health	
<b>TERM 3 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
Practical Performance Preparation Analysis of Performance	Physical and Cognitive skills across a range of sporting activities	Sports Coach, Sports Pyschologist, Physiotherapist, PE Teacher, Athlete, Nutritionist
<b>TERM 4 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
Practical Performance Preparation  Revision of previous topics and exam technique	Identify, apply, evaluate and analyse theoretical content across the specification	Sports Coach, Sports Pyschologist, Physiotherapist, PE Teacher, Athlete, Nutritionist
<b>TERM 5 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
Revision of previous topics and exam technique	Identify, apply, evaluate and analyse theoretical content across the specification	Sports Coach, Sports Pyschologist, Physiotherapist, PE Teacher, Athlete, Nutritionist
<b>TERM 6 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>