

KS4 Curriculum Overview (PE FOUNDATION)

ENRICHMENT

TERM 1 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
Paper 2 Health and Fitness- Energy and Diet and Consequence of a Sedentary Lifestyle Table Tennis	Strong links with GCSE Food Technology Describing the importance of diet on general health	Sports Coach, Sports Psychologist, Physiotherapist, PE Teacher, Athlete, Nutritionist Feeds into GCSE PE and BTEC Sport courses
TERM 2 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
Paper 1 Cardio- Respiratory System Climbing	Anatomy and physiology- how hearts and lungs work in isolation and together- Links with Science	Sports Coach, Sports Psychologist, Physiotherapist, PE Teacher, Athlete, Nutritionist Feeds into GCSE PE and BTEC Sport courses
TERM 3 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
Paper2 Performance Enhancing Drugs, Hooliganism Netball	Presentation and debating skills, problem solving – how to overcome hooliganism	Sports Coach, Sports Psychologist, Physiotherapist, PE Teacher, Athlete, Nutritionist Feeds into GCSE PE and BTEC Sport courses
TERM 4 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
Paper 1 Musculo-Skeletal System Badminton	Anatomy and physiology- knowing bones and muscles and how they work together to create movement- Links with Science	Sports Coach, Sports Psychologist, Physiotherapist, PE Teacher, Athlete, Nutritionist Feeds into GCSE PE and BTEC Sport courses
TERM 5 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
Paper 2 Engagement Patterns, Commercialisation, Technology Cricket	Presentation skills, links to business studies and finance and health and social care	Sports Coach, Sports Psychologist, Physiotherapist, PE Teacher, Athlete, Nutritionist Feeds into GCSE PE and BTEC Sport courses

TERM 6 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>Paper 1</p> <p>Components of Fitness and Prevention of Injuries</p> <p>End of Year Exam</p>	<p>Ability to identify strengths and weaknesses and training effectively</p>	<p>Sports Coach, Sports Pyschologist, Physiotherapist, PE Teacher, Athlete, Nutritionist</p> <p>Feeds into GCSE PE and BTEC Sport courses</p>