



Key Stage 4

Key stage 4 Exam PE

GCSE PE has been re-introduced into the Key Stage 4 curriculum in order to stretch and challenge pupils. The GCSE course provides academic rigour and practical challenge that will engage pupils and develop their knowledge and understanding of six topic areas.:

1. Anatomy and Physiology
2. Movement Analysis
3. Physical Training
4. Psychology in Sport
5. Socio Cultural Influences
6. Health Fitness and Well Being

All pupils will design, complete and evaluate a Personal Exercise Plan that will improve their performance in their chosen sport. This will help embed their understanding of some in the key concepts in the physical training, anatomy and physiology and psychology topics.

Pupils will also complete assessments in a number of practical activities with their top 3 used for their final grade. The practical will also be used to increase understanding of training methods, principles of training, energy systems and warm ups and cool downs.

The Edexcel GCSE PE course is assessed through 2 exams, the PEP and the practical elements with pupils needing to be proficient in all three areas. The GCSE grades are 9-1 with grade 4 considered a pass.

Year 10

Term 1

COMPONENT 1: FITNESS AND BODY SYSTEMS

ANATOMY AND PHYSIOLOGY, PHYSICAL TRAINING, SPORT PSYCHOLOGY AND PERSONAL EXERCISE PLAN

1.3, 1.4 - pupils learn about the effects of exercise on the body and how they use different energy systems in a variety of situations

3.2, 3.3, 3.4, 3.5, 3.6—pupils learn about components of fitness and how they are used in different sporting contexts. Pupils will learn about different methods of training, warm ups and cool downs in order to improve performance and prevent injury. This will be applied practically and pupils will lead small sessions to develop their understanding of training.

Cultural Exposure: After school clubs, school teams, visits to sporting events, highlight current sporting events, visits to events, eg Manchester United.

Term 2

COMPONENT 1: FITNESS AND BODY SYSTEMS

ANATOMY AND PHYSIOLOGY, PHYSICAL TRAINING, SPORT PSYCHOLOGY AND PHYSICAL EXERCISE PLAN

3.3 and 3.5—pupils will review learning related to principles and methods of training and will evaluate training sessions for individual sports.

2.2—pupils will learn about SMART targets and Goal Setting as a way of improving performance and will look to apply into their own area.

PEP—Pupils will plan, deliver and evaluate a personal exercise plan as part of their NEA.

Cultural Exposure: After school clubs, school teams, visits to sporting events, eg Manchester United, highlight current sporting events

Term 3

COMPONENT 1: FITNESS AND BODY SYSTEMS

ANATOMY AND PHYSIOLOGY, MOVEMENT ANALYSIS AND EXAM PREPARATION

1.1 and 1.2—pupils will learn about the structures and functions of the musculoskeletal systems and the cardio-respiratory systems and understand how they affect performance in sport.

2.1 and 2.2—pupils will learn about lever systems and planes and axes and relate them to effective sports performance.

Exam preparation for Year 10 Mocks

Cultural Exposure: After school clubs, school teams, visits to sporting events, highlight current sporting events

Assessment

Pupils will complete a Personal Exercise Plan that will evidence how it has improved their performance.

Pupils will be assessed in a number of practical performances. On site assessments will include football, table tennis, handball, badminton, basketball, netball, rugby league, athletics.

Year 11

Term 1

COMPONENT 1: FITNESS AND BODY SYSTEMS

ANATOMY AND PHYSIOLOGY, PHYSICAL TRAINING, SPORT PSYCHOLOGY AND PERSONAL EXERCISE PLAN

Pupils will re-cap learning from Year 10 to reinforce learning, further address misconceptions and expand their vocabulary.

3.1—pupils will learn about the relationship between health and fitness and the role exercise plays in both.

COMPONENT 2: HEALTH AND PERFORMANCE

1.1, 1.2, 1.3—pupils will learn about health, fitness and well being linking the importance of physical, social and emotional health and knowing the risk of sedentary lifestyle and the positive effects of diet and nutrition on performance.

Cultural Exposure: After school clubs, school teams, visits to sporting events, highlight current sporting events

Term 2

COMPONENT 2: HEALTH AND PERFORMANCE

2.1, 2.3 and 2.4—pupils will learn about sports psychology. Revisit SMART targets and Goal setting. Pupils will learn how to classify skills, the importance of guidance and feedback as well as mental preparation for performance.

3.1, 3.2, 3.3 - pupils will learn about social-cultural influences. Including engagement patterns of different social groups and the commercialisation of sport.

EXAM PREPARATION

Cultural Exposure: After school clubs, school teams, visits to sporting events, highlight current sporting events. Topics involving disabilities, ethnicity and socio-cultural issues.

Term 3

Redrafting of any outstanding / missing course work.

Exam preparation

Cultural Exposure: After school clubs, school teams, visits to sporting events, highlight current sporting events

Assessment

Exam in Component 1: Fitness and Body Systems

Exam in Component 2: Health and Performance

Practical Assessment in 3 sports

Personal Exercise Plan