

Edexcel GCSE PE KS4 Curriculum

CURRICULUM INTENT? What does GCSE PE help young people achieve at KS4? Why have you made these curriculum choices?

“Physical Education equips students with the knowledge, understanding and skills to develop their own performance in sport. They develop their understanding of socio-cultural influences on participation in sport, the benefits of physical activity to health, fitness and well-being as well as their understanding of sports psychology theories. The course will also help in developing students understanding of how physical activity can aid physical, mental and social well-being.”

TERM BY TERM BREAKDOWN – Knowledge PE and skills developed:

	Year 10 Course Outline	Year 11 Course Outline	Opportunities beyond the classroom
Autumn Term	<p><i>Knowledge:</i> Skeletal system Classification and roles of muscles and bones Long term effects of training on the musculo-skeletal system Muscular system Cardiovascular system & effects Long term effects of training on the cardio-respiratory system</p> <p><i>Key Skills:</i> Recording data, use of equipment, analysis of performance, use of performance tables, teamwork, exam terminology</p>	<p><i>Knowledge:</i> Physical, emotional and social health Lifestyle choices Impact of lifestyle choices Sedentary lifestyles and consequences Balanced diet and the role of nutrients Dietary manipulation for sport Optimum weight Sports psychology</p> <p><i>Key Skills:</i> Recalling facts, long answer question technique, exam terminology, revision skills</p>	<p>Practical masterclasses that support students in the development of skills in assessed sports.</p> <p>Theoretical masterclasses on key curriculum areas.</p> <p>Extracurricular activities and performance opportunities.</p>

Spring Term	<p><i>Knowledge:</i> Respiratory system & effects Energy systems Components of fitness Fitness tests - theory and practice Principles of training Methods of training</p> <p><i>Key Skills:</i> Recording data, analysis of performance, use of performance tables, exam terminology, extended writing, monitoring and analysing, evaluation</p>	<p><i>Knowledge:</i> Injuries Performance enhancing drugs Factors affecting participation in physical activity Participation rates and trends - use of data Commercialisation and the media Advantages and disadvantages of commercialisation Sporting behaviours Deviance in sport</p> <p><i>Key Skills:</i> Recalling facts, long answer question technique, exam terminology, revision skills</p>	
Summer Term	<p><i>Knowledge:</i> Goal setting - SMART targets PARQ's; warm ups and cool downs An introduction to using a PEP to develop a fitness, health, exercise and performance Application of principles of training to a PEP Application of methods of training to a PEP Lever system Planes and axes - generalised movement patterns</p> <p><i>Key Skills:</i> Recalling facts, long answer question technique, exam terminology, revision skills</p>	<p><i>Knowledge:</i> Review paper 1 content Review paper 2 content Revision and exam technique</p> <p><i>Key Skills:</i> Recalling facts, long answer question technique, exam terminology, revision skills, use of data, evaluation analysis, use of performance tables</p>	
Key Independent Learning Resources			GREAT READS
<p>Teach PE http://www.teachpe.com BBC Bitesize https://www.bbc.co.uk/education/subjects/znyb4wx</p>			<p>The Champions Mind – How Great Athletes Think, Train and Thrive by Jim Afremow</p>

Brain Mac

<https://www.brianmac.co.uk>

Edexcel GCSE PE (9-1)

<https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html>

**Ahead of the Game: How to Use
Your Mind to Win in Sport** by

Jeremy Lazarus

**Sport Psychology: A Complete
Introduction** by Dr John Perry

**The Sports Gene: Talent, Practice
and the Truth About Success** by

David Epstein