

GCSE PE (PE & Sport)



KS4 Curriculum Breakdown



| | Year 9 | Year 10 | Year 11 |
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| HT1 (8 weeks) | <ul style="list-style-type: none"> • Unit 1: Fitness for Sport and Exercise • Components of physical and skill related fitness • Fitness testing • Interpretation of fitness test results | <ul style="list-style-type: none"> • Unit 3: Applying the Principles of Personal Training • Synoptic Assessment • Design a personal training programme | <ul style="list-style-type: none"> • Health, fitness and wellbeing <p>Coursework AEP</p> <ul style="list-style-type: none"> • Analysis and evaluation of performance • Create a written report which evaluates your performance in 1 of your 3 activities and create a development plan for improvement |
| HT2 (8 weeks) | <ul style="list-style-type: none"> • Training methods used to improve performance in sport, exercise and physical activity | <ul style="list-style-type: none"> • An understanding of the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training | <ul style="list-style-type: none"> • Sports psychology and its effects on performance |

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| <p>HT3 (6 weeks)</p> | <ul style="list-style-type: none"> Principles of training Exercise intensity and how it can be determined Unit 1 examination | <ul style="list-style-type: none"> Implement a self-designed personal fitness training programme to achieve own goals and objectives Review a personal fitness training programme | <p>Practical examination</p> |
| <p>HT4 (5 weeks)</p> | <ul style="list-style-type: none"> Unit 2: Practical performance in sport An understand of the rules, regulations and scoring systems for two selected sports | <ul style="list-style-type: none"> Unit 6: Leading Sports Activities Know the attributes associated with successful sports | <ul style="list-style-type: none"> Data analysis and the interpretation of results |
| <p>HT5 (5 weeks)</p> | <ul style="list-style-type: none"> Practically demonstrate skills, techniques and tactics in two selected sports | <ul style="list-style-type: none"> Undertake the planning and leading of sports activities | <p>External exam 1: Physical Factors Affecting Performance</p> <p>External exam 2: Socio-Cultural Issue and Sports Psychology</p> |
| <p>HT6 (7 weeks)</p> | <ul style="list-style-type: none"> A review of sports performance. Analyse skills and tactics over two selected sports | <ul style="list-style-type: none"> Review the planning and leading of sports activities | |