

PE GCSE – KS4

	AUTUMN TERM	SPRING TERM	SUMMER TERM
Year 10	<p>Muscular and Skeletal system</p> <ul style="list-style-type: none"> Name of bones Functions & structure of the skeleton Muscles of the body How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints Structure of synovial joint Types of freely movable joints that allow different movements <p>Cardiovascular and respiratory systems:</p> <ul style="list-style-type: none"> Structure of the heart The cardiac cycle and the pathway of the blood Gaseous exchange Cardiac output, stroke volume and heart rate Blood vessels The pathway of air Mechanics of breathing – the interaction of the intercostal muscles, ribs and diaphragm in breathing Interpretation of a spirometer trace <p>Energy systems and the effects of exercise:</p> <ul style="list-style-type: none"> Understanding the terms aerobic exercise (in the presence of oxygen) and anaerobic exercise (in the absence of enough oxygen) The use of aerobic and anaerobic exercise in practical examples of differing intensities Excess post-exercise oxygen consumption (EPOC)/oxygen debt as the result of muscles 	<p>Biomechanics</p> <ul style="list-style-type: none"> First, second and third class lever systems within sporting examples Mechanical advantage – an understanding of mechanical advantage in relation to the three lever system Analysis of basic movements in sporting examples Identification of the relevant planes (frontal, transverse, sagittal) and axes (longitudinal, transverse, sagittal) of movement used whilst performing sporting actions <p>Fitness:</p> <ul style="list-style-type: none"> Health and fitness The relationship between health and fitness The components of fitness Linking sports and physical activity to the required component of fitness Reasons and limitations of fitness testing Measuring the components of fitness Demonstration of how data are collected for fitness testing The principles of training and overload Application of the principles of training Types of training Identification of the advantages and disadvantages (the effects on the body) of training types linked to specific aims 	<p>Factors affecting training</p> <ul style="list-style-type: none"> Calculating intensities to optimise training effectiveness Considerations to prevent injury Specific training techniques – high altitude training as a form of aerobic training Seasonal aspects Warming up and cooling down Qualitative and Quantitative data Presenting data Analysis and evaluation of data <p>Coursework:</p> <p style="padding-left: 40px;">Analysis of performance</p>

	<p>respiring anaerobically during vigorous exercise and producing lactic acid</p> <ul style="list-style-type: none"> • The recovery process from vigorous exercise • Immediate effects of exercise (during exercise) • Short-term effects of exercise (24 to 36 hours after exercise) • Long-term effects of exercise (months and years of exercising) 		
<p>Year 11</p>	<p>Psychology</p> <ul style="list-style-type: none"> • Skill and ability • Classifications of skill • Definitions of types of goals • The use and evaluation of setting performance and outcome goals in sporting examples • The use of SMART targets to improve and/or optimise performance • Basic information processing model • Identify examples of, and evaluate, the effectiveness of the use of types of guidance, with reference to beginners and elite level performers • Identify examples of, and evaluate, the effectiveness of the use of types of feedback, with reference to beginners and elite level performers • Arousal • Inverted-U theory • How optimal arousal levels vary according to the skill being performed in a physical activity or sport • How arousal can be controlled using stress management techniques before or during a sporting performance 	<p>Sociology</p> <ul style="list-style-type: none"> • Engagement patterns of different social groups and the factors affecting participation • Commercialisation • Types of sponsorship and the media • Positive and negative impacts of sponsorship and the media • Conduct of performers • Positive and negative impacts of technology • Prohibited methods (blood doping) • Drugs subject to certain restrictions (beta blockers) • Prohibited substances • Which type of performers may use different types of performance enhancing drugs (PEDs) with sporting examples • The advantages and disadvantages for the performer of taking PEDs • The disadvantages to the sport/event of performers taking PEDs • Spectator behaviour (the positive and the negative effects of spectators at events) • Reasons why hooliganism occurs • Strategies employed to combat hooliganism/ spectator behaviour 	

	<ul style="list-style-type: none"> • Understand the difference between direct and indirect aggression with application to specific sporting examples • Evaluation of the merits of intrinsic and extrinsic motivation in sport 	<p>Nutrition</p> <ul style="list-style-type: none"> • Linking participation in physical activity, exercise and sport to health, well-being and fitness, and how exercise can suit the varying needs of different people • The consequences of a sedentary lifestyle • Obesity and how it may affect performance in physical activity and sport • Somatotypes • Energy use • Nutrition – reasons for having balanced diet • Nutrition – the role of carbohydrates, fat, protein and vitamins/minerals • Reasons for maintaining water balance (hydration) <p>Revision</p>	
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The students will also have Core PE lessons of Rugby, Football, Trampolining, Athletics, Cricket, Badminton, Swimming, Netball, Benchball, Dodgeball, Rounders & Basketball