



KS4 GCSE PE Curriculum

Subject on a Page

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
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Year 10

<p>Components of Fitness:</p> <p>Movement Analysis</p> <p>Levers, Planes & Axes</p> <p>Sports psychology. Skill classification. Goal setting, guidance & feedback.</p>	<p>Movement analysis & Muscle contractions</p> <p>Sports psychology. information processing & mental preparation.</p>	<p>Principles of training & types of training</p> <p>Practical: Netball, Trampolining & Football</p>	<p>Physical Training seasons: Aerobic vs Anaerobic</p> <p>Social cultural influences. Sport, society & culture. Influence on participation.</p>	<p>Anaerobic & aerobic exercise</p> <p>Commercialisation of sport, technology/Performance Enhancing Drugs.</p>	<p>Non-Examined Assessment</p> <p>Practical: Athletics, Handball & Rock climbing.</p>
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Year 11

<p>Applied anatomy & pycology</p> <p>Skeletal & Muscular.</p> <p>Home & Fitness. Balance diet</p>	<p>The structure & functions of the cardio-respiratory system.</p> <p>Practical: Dance, Rugby, Football, Netball & Handball.</p> <p>Cardio respiratory system.</p> <p>Diet & Nutrition somatotypes</p>	<p>Revision: NEA.</p>	<p>Revision.</p>
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Paper 1: The human body and movement in physical activity and sport

What's assessed?
Applied anatomy and physiology
Movement analysis
Physical training
Use of data

How it's assessed?
Written exam: 1 hour 15 minutes
78 marks
30% of GCSE

Paper 2: Socio-cultural influences and well-being in physical activity and sport

What's assessed?
Sports psychology
Socio-cultural influences
Health, fitness and well-being
Use of data

How it's assessed?
Written exam: 1 hour 15 minutes
78 marks
30% of GCSE

NEA: Practical performance in physical activity and sport

What's assessed?
Practical performance in three different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or in an individual activity).
Analysis and evaluation of performance to bring about improvement in one activity.

How it's assessed?
Assessed by teachers
Moderated by AQA
100 marks
40% of GCSE