

## Key Stage Four GCSE Physical Education Curriculum – Carre’s Grammar School – Mr Pickard

<b>Subject</b>						
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 3</b>	<b>Spring 4</b>	<b>Summer 5</b>	<b>Summer 6</b>
<b>Year 10</b>	Physical Training 3.1.3.1 3.1.3.2	Physical Training 3.1.3.3 3.1.3.4	Arousal 3.2.1.5 Technology in Sport (part of 3.2.2.2.) Information Processing 3.2.1.3 Guidance and feedback on performance 3.2.1.4.	NEA development	Applied Anatomy and Physiology 3.1.1.1	The structure and function of the cardio-respiratory system 3.1.1.2 Anaerobic and aerobic exercise 3.1.1.3
	Classroom examination 45 mins		Classroom examination 45 mins		Classroom examination 45 mins Year 10 end of Year exam 90 mins	
<b>Year 11</b>	The long and short term effects of exercise 3.1.1.4  Movement analysis 3.1.2	Use of data 3.1.4  Socio-cultural influences and well being in physical activity and sport 3.2 3.2.1.1 3.2.1.2	Socio-cultural influences 3.2.2 3.2.2.1 3.2.2.2 3.2.2.3	Health and Well being 3.2.3 3.2.3.1 3.2.3.2 3.2.3.3	Revision and Examination	
	Classroom examination 45 mins		Classroom examination 45 mins			