

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

Subject							
	Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6	
<b>Year 10</b>	<p><b>Physical Training</b></p> <p><u>Theory</u></p> <ul style="list-style-type: none"> <li>○ Relationship between health &amp; fitness.</li> <li>○ Components of fitness</li> <li>○ Linking sports and physical activity to health &amp; fitness.</li> <li>○ Reasons for &amp; limitations of fitness testing.</li> </ul> <p><u>Practical</u></p> <ul style="list-style-type: none"> <li>○ Measuring components of fitness.</li> <li>○ Data collection for fitness testing.</li> </ul>	<p><b>Physical Training</b></p> <p><u>Theory</u></p> <ul style="list-style-type: none"> <li>○ Principles of training &amp; overload.</li> <li>○ Application of principles of training.</li> <li>○ Optimising training and preventing injury.</li> <li>○ Calculating intensities to optimise training effectiveness.</li> </ul> <p><u>Practical</u></p> <ul style="list-style-type: none"> <li>○ Types of training.</li> <li>○ Advantages &amp; disadvantages of training types.</li> </ul>	<p><b>Physical Training/Use of Data</b></p> <p><u>Theory</u></p> <ul style="list-style-type: none"> <li>○ Consideration to prevent injury.</li> <li>○ Specific training techniques.</li> <li>○ Seasonal aspects.</li> <li>○ Warming up &amp; cooling down.</li> <li>○ Use of data (collection, presentation and analysis).</li> </ul> <p><u>Practical</u>: Table Tennis</p> <ul style="list-style-type: none"> <li>○ Service</li> <li>○ Forehand/backhand drive.</li> <li>○ Forehand/backhand push.</li> <li>○ Small-sided games (full context).</li> </ul>	<p><b>Applied Anat. &amp; Phys.</b></p> <p><u>Theory</u></p> <ul style="list-style-type: none"> <li>○ Musculo-skeletal system.</li> </ul> <p><u>Practical</u>: Table Tennis</p> <ul style="list-style-type: none"> <li>○ Smash.</li> <li>○ Lob.</li> <li>○ Competitive rallies (serving &amp; receiving).</li> <li>○ Small-sided games (full context).</li> </ul>	<p><b>Applied Anat. &amp; Phys.</b></p> <p><u>Theory</u></p> <ul style="list-style-type: none"> <li>○ Cardio-respiratory system.</li> <li>○ Aerobic &amp; anaerobic exercise.</li> <li>○ Effects of exercise.</li> </ul> <p><u>Practical</u>: Handball</p>	<p><b>Movement Analysis</b></p> <p><u>Theory</u></p> <ul style="list-style-type: none"> <li>○ Lever systems.</li> <li>○ Mechanical advantage.</li> <li>○ Application to sporting examples.</li> <li>○ Planes &amp; axes of movement.</li> </ul> <p><u>Practical</u>: Handball</p>	
	End of unit test (50-minute paper) at the end of each half term.			End of unit test (50-minute paper) at the end of each half term. Internal examinations (March); Year 10 mock exam.		End of unit test (50-minute paper) at the end of each half term.	
<b>Year 11</b>	<p><b>Sports Psychology</b></p> <p><u>Theory</u></p> <ul style="list-style-type: none"> <li>○ Classification of skills.</li> <li>○ Goal setting/SMART targets.</li> <li>○ Information processing.</li> <li>○ Guidance &amp; feedback.</li> <li>○ Evaluate the effectiveness of use of types of feedback.</li> </ul> <p><u>Practical</u></p> <ul style="list-style-type: none"> <li>○ Completion of NEA (analysis &amp; evaluation).</li> </ul>	<p><b>Sports Psychology</b></p> <p><u>Theory</u></p> <ul style="list-style-type: none"> <li>○ Mental preparation for performance (arousal, stress management, aggression, personality types).</li> </ul> <p><u>Video Timelining</u></p> <ul style="list-style-type: none"> <li>○ Students to complete timelines for their selected activities.</li> </ul>	<p><b>Socio-Cultural Influences</b></p> <p><u>Theory</u></p> <ul style="list-style-type: none"> <li>○ Engagement patterns.</li> <li>○ Commercialisation.</li> <li>○ Sponsorship.</li> <li>○ Technology.</li> <li>○ Performance enhancing drugs.</li> </ul>	<p><b>Socio-Cultural Influences Health, Fitness &amp; Wellbeing</b></p> <p><u>Theory</u></p> <ul style="list-style-type: none"> <li>○ Spectator behaviour.</li> <li>○ Hooliganism.</li> <li>○ Participation linked to health, fitness &amp; wellbeing.</li> <li>○ Sedentary lifestyles/obesity.</li> <li>○ Somatotypes.</li> <li>○ Energy use, diet, nutrition &amp; hydration.</li> </ul>	<p><b>Revision &amp; Examinations</b></p>		
	End of unit test (50-minute paper) at the end of each half term. Internal examinations (November); Year 11 mock exam. Practical video evidence deadline: December. NEA (analysis & evaluation) deadline: January.			End of unit test (50-minute paper) at the end of each half term.			