



KS4 Course Overview

GCSE PE

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Applied Anatomy and Physiology		Movement Analysis	Physical Training		Practical Performance in Sport Coursework
Details		Structure and functions of the Musculoskeletal System and the Cardio-Respiratory system.		Lever systems and Planes and Axis of movement.	The relationship between health and fitness. The components of physical fitness, fitness testing, training and injury prevention.		Analysis and evaluation of performance to bring about improvement in one activity.
Methods of Assessment		During this unit, student progress and attainment is assessed by: <ul style="list-style-type: none"> Ongoing teacher assessment throughout. 		During this unit, student progress and attainment is assessed by: <ul style="list-style-type: none"> Ongoing teacher assessment throughout. 	During this unit, student progress and attainment is assessed by: <ul style="list-style-type: none"> Ongoing Teacher Assessment throughout. 		During this unit, student progress and attainment is assessed by: <ul style="list-style-type: none"> Ongoing teacher assessment throughout. Teacher assessment and external moderation of combined portfolio work.
Use of ICT							Word processing (Microsoft Word).

Year 10

Year 11		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Sport Psychology	Socio-Cultural Influences	Health Fitness and Wellbeing	Paper 1 Revision	Paper 2 Revision	
	Details	Skill Classification, Goal setting, Information Processing, Guidance, Feedback and mental preparation for performance.	Engagement Patterns, Commercialisation, Performance Enhancing Drugs, Spectator Behaviour	Physical, Emotional and Social Health Fitness and Wellbeing. Consequences of a sedentary lifestyle, diet and nutrition.	Students will increase their understanding of key content covered in their GCSE course, through revision of individual topics, practicing exam questions, and exam skill workshops.	Students will increase their understanding of key content covered in their GCSE course, through revision of individual topics, practicing exam questions, and exam skill workshops.	2 x 1hr 15min papers Paper 1: The Human Body and Movement in Physical Activity and Sport. Paper 2: Socio-Cultural Influences and Wellbeing in Physical Activity and Sport.
	Methods of Assessment	During this unit, student progress and attainment is assessed by: <ul style="list-style-type: none"> Ongoing teacher assessment throughout. 	During this unit, student progress and attainment is assessed by: <ul style="list-style-type: none"> Ongoing teacher assessment throughout. 	During this unit, student progress and attainment is assessed by: <ul style="list-style-type: none"> Ongoing teacher assessment throughout. 	During this unit, student progress and attainment is assessed by: <ul style="list-style-type: none"> Ongoing teacher assessment throughout. 	During this unit, student progress and attainment is assessed by: <ul style="list-style-type: none"> Ongoing teacher assessment throughout. 	
Use of ICT							

Useful Resources

Students have access to the GCSE course textbook.

Revision resources are also available on SharePoint through Teams.

Exam Board Specification: AQA (<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-8582-SP-2016.PDF>)