

# KS4 PE

Year 10			
	Topic Big Questions	Core knowledge and skills assessed	Checking Points
<b>Autumn</b>	<p><b>How is anatomy and physiology used when participating in physical activity?</b></p> <p><b>What movement of bones and muscles occurs at joints when we participate in physical activity?</b></p>	<p><b>Musculoskeletal system, cardiorespiratory system and the effects of exercise on these systems.</b></p> <p><b>Types of movement in sport, planes and axis, levers and mechanical advantage.</b></p> <p><b>High level of knowledge and performance in 3 sports (1 individual, 1 team and 1 choice).</b></p>	<p><b>Half termly GCSE style practical exam</b></p> <p><b>Half termly GCSE style theory exam</b></p>
<b>Spring</b>	<p><b>What movement of bones and muscles occurs at joints when we participate in physical activity?</b></p> <p><b>What are the best methods of training to improve our components of fitness for particular types of physical activity and how do we test these components?</b></p>	<p><b>Types of movement in sport, planes and axis, levers and mechanical advantage.</b></p> <p><b>Components of fitness, fitness testing, data collection and presentation, principles and methods of training and injury prevention.</b></p> <p><b>High level of knowledge and performance in 3 sports (1 individual, 1 team and 1 choice).</b></p>	<p><b>Half termly GCSE style practical exam</b></p> <p><b>Half termly GCSE style theory exam</b></p>
<b>Summer</b>	<p><b>What are the best methods of training to improve our components of fitness for particular types of physical activity and how do we test these components?</b></p>	<p><b>Components of fitness, fitness testing, data collection and presentation, principles and methods of training and injury prevention.</b></p>	<p><b>Half termly GCSE style practical exam</b></p> <p><b>Half termly GCSE style theory exam.</b></p>

	<b>How does sports psychology affect performance in physical activity?</b>	<b>Skill and ability, classification of skills, goal setting and SMART targets.</b>  <b>High level of knowledge and performance in 3 sports (1 individual, 1 team and 1 choice).</b>	
<b>Year 11</b>			
	<b>Topic Big Questions</b>	<b>Core knowledge and skills assessed</b>	<b>Checking Points</b>
<b>Autumn</b>	<b>How does sports psychology affect performance in physical activity?</b>  <b>How are engagement patterns affected by different aspects of our everyday life?</b>	<b>Basic information processing model, guidance and feedback, arousal, motivation, aggression and inverted U theory.</b>  <b>Social groups, commercialism, ethics and socio-cultural influences on physical activity and sport.</b>  <b>High level of knowledge and performance in 3 sports (1 individual, 1 team and 1 choice).</b>	<b>Half termly GCSE style practical exam</b>  <b>Half termly GCSE style theory exam</b>
<b>Spring</b>	<b>What are the benefits of participating in physical activity and sport for health, fitness and wellbeing?</b>	<b>Health, fitness, wellbeing, consequences of a sedentary lifestyle, obesity, somatotypes, energy use, balanced diet and nutrition.</b>  <b>High level of knowledge and performance of 3 sports (1/2 individual and 1/2 team).</b>	<b>Half termly GCSE style practical exam</b>  <b>Half termly GCSE style theory exam</b>
<b>Summer</b>	<b>Revision</b>	<b>High level of knowledge and performance of 3 sports (1/2 individual and 1/2 team).</b>	<b>Half termly GCSE style practical exam</b>  <b>Half termly GCSE style theory exam</b>