Hodgson Academy

GCSE PE

KS4 Curriculum Overview

At Hodgson anything is possible when we ***'Imagine, Believe, Achieve'***

Physical Education Key Stage 4 Curriculum Overview

	Autumn Term		Spring Term		Summer Term	
	HT1	HT2	HT3	HT4	HT5	HT6
Year 10	**Paper One** **Physical Training** The relationship between health and fitness • Definitions of health and fitness **Physical Training** • The components of fitness • Fitness tests • Methods of training Practical Work • Handball/Climbing/option	**Paper One** **Physical Training** • Principles of training and Qualitative data and Quantitative data. • The three training seasons **Applied Anatomy and Physiology** The structure and functions of the musculoskeletal system • Structure of the skeleton • Functions of the skeleton • Synovial joints Practical Work • Badminton/trampolining/option	**Paper One** **Applied Anatomy and Physiology** • Muscles in the body • Antagonistic muscle action • Muscles contraction for movement **Anaerobic and Aerobic Exercise** • Exercise • EPOC • Immediate effects of exercise • Short – term effects of exercise • Long – term effects of exercise • Training zones • Recovery process CW to start SECTION A Practical Work • Trampolining/Football/Badminton	**Paper One** **The structure and function of the cardiorespiratory system** The respiratory system • Gaseous exchange • Breathing • Lung volumes • Blood vessels • Cardiac cycle • Cardiac output • Lung volumes Movement analysis: Levers • First, second, third class • Mechanical advantage Movement analysis: Planes and Axes of movement with movement analysis. Practical Work • Athletics CW- Section A	**Paper two,** **Goal Setting** • Performance/outcome goals • SMART Target setting **Socio-cultural influences** Participation • Participation of women • Participation by ethnicity • Participation by people with disabilities • Factors effecting participation • Barriers to participation Practical work • Athletics/climbing CW- Section A	**Paper 2** **Socio-cultural influences** • Commercialisation of Physical Activity and Sport - Performer - The sport - The officials - Spectators CW- Section A. Practical work • Athletics/Climbing
Year 11	**Paper two** • Technology including VAR and Hawkeye. - Positives and negatives - Spectators - Officials - Sponsors - Player conduct **Sports Psychology** Classification of skills • Skill classification • The basic to complex continuum • The open to closed continuum • The self-paced to externally paced continuum • The gross to fine continuum	**Paper Two** **Feedback** • Positive/negative • Knowledge of results/knowledge of performance • Extrinsic/intrinsic **Health and fitness** • Physical, emotional and social health, fitness and wellbeing • Sedentary lifestyles • Obesity • Somatotypes • Energy use, diet, nutrition and hydration • Sedentary lifestyle Mental Preparation • Arousal	**Paper Two** . *Mainly practical due to moderation period* **Socia-cultural influences** • Hooliganism **Health and Fitness** - Dehydration CW COMPLETED SECTION B	**Paper 2** **Ethical Issues** PEDS • Stimulants • Narcotic analgesics • Anabolic agents • EO • Diuretics • Blood doping • Beta blockers Revision for paper 1 and paper 2.		

	Basic model of information processing • Decision making • Output • Feedback Guidance: • Visual • Verbal • Manual • Mechanical CW start SECTION B Practical Work Handball/Climbing	CW continue with SECTION B Practical Work • Mock moderation preparation Coursework to be marked and feedback to be given.				