



KS4 PE



	Content
Year 10 HT1	Learners will develop their knowledge and understanding of the components of fitness required for physical activities and sports and how each can be measured. Learners will also be able to apply their knowledge of training principles to personal exercise/training programmes to improve fitness, along with the knowledge of how to optimise training and help to prevent injury.
Year 10 HT2	Learners will develop their knowledge and understanding of how to prevent injury when participating in physical activities and sport. The potential hazards will be known in a range of physical activities and sports settings. Learners will know how risks can be minimised by using appropriate equipment, clothing, correct lifting techniques, using the warm up and cool down and an appropriate level of competition.
Year 10 HT3	Learners will develop knowledge and understanding of the basic structures and functions of body systems that are particularly important to physical activities and sports. They will also study the short and long-term effects of exercise on these systems, and how these effects can impact on physical fitness and performance. Learners will develop the ability to collect and use data, analyse movement and apply their knowledge and understanding, using examples from physical activity and sport.
Year 10 HT4	Learners will develop their knowledge and understanding of the structure and function of the cardiovascular system. Blood vessels and blood cells with their pathway through the heart will be understood along with definitions of key cardiac terms. Learners will understand the pathway of air through the respiratory system and know the role of the respiratory muscles and alveoli during breathing, along with an understanding of key definitions. Learners will also be able to define aerobic and anaerobic exercise and be able to give practical examples of aerobic and anaerobic activities.
Year 10 HT5	Learners will develop their knowledge and understanding of the short and long-term effects of exercise on muscles and bones, the heart and the respiratory system. They will be able to apply understanding of these effects to examples from a range of physical activities and sports. Learners will be able to collect and use data in this section related to both short-term and long-term effects of exercise.
Year 10 HT6	AEP Coursework In addition to three practical performances, learners are required to demonstrate their ability to analyse and evaluate their own performance in order to: analyse aspects of personal performance in a practical activity; evaluate the strengths and weaknesses of the performance; produce an action plan which aims to improve the quality and effectiveness of the performance.
Year 11 HT1	Learners will develop their knowledge and understanding of current participation trends using a range of valid and respected sources. The factors affecting participation for a range of different groups in society will be understood, along with strategies to promote participation, using practical examples from physical activities and sports.
Year 11 HT2	Learners will develop their knowledge and understanding of the commercialisation of physical activity and sport including sponsorship, along with the influences of the media with examples showing the positive and negative effects on participation and performance in physical activities and sports.
Year 11 HT3	Learners will develop their knowledge and understanding of ethics in sport including definitions of the key terms of sportsmanship, gamesmanship and deviance. The effects of drugs in sport and the reasons why sports performers use drugs will be understood along with reasons for player violence with practical examples in physical activities and sports.
Year 11 HT4	Learners will develop their knowledge and understanding of the psychological factors that can affect performers. They will also develop their knowledge and understanding of how movement skills are learned and performed in physical activities and sports. The characteristics and classification of skilful movement will be understood, along with the role of goal setting and mental preparation to improve performance in physical activities and sports. Learners will develop their knowledge and understanding of guidance and feedback that affects the learning and performance of movement skills. Learners will be able to identify key terms and describe psychological concepts, using practical examples from their own performances. Learners will show that they can explain and evaluate sports psychology theories and principles and be able to apply theory to practice.
Year 11 HT5	Learners will develop their knowledge and understanding of the benefits of participating in physical activities and sport to health, fitness and well-being as well as having a clear definition of health and fitness. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle. Learners will develop their knowledge and understanding of diet and nutrition. Learners will understand the main components of a balanced diet, including the effects of these components and hydration on performers using a range of examples from physical activities and sports.



KS4 Core PE

	Content
Year 10 HT1	<p>Sporting techniques, rules, regulations & tactics through athletics, invasion games, net games, striking and fielding games. Pupils are given greater independence to choose activities that they wish to pursue with an emphasis on post-16 participation.</p> <p>Students have a choice of up to 18 different activities over the course of the year and each half term will opt into the activity they wish to study. This programme of study includes a number of sports that have not been studied at KS3 to ensure students remain motivated to participate and maintain a high level of work rate. Students are encouraged to demonstrate perseverance when faced with challenging situations or scenarios as well as actively seek out challenges in lessons brought upon by the new activities. Some include: American Football, Just Dance, Ultimate Frisbee, Lacrosse, Orienteering, Softball, Tennis, Racquetball & Golf.</p> <p>Students will continue to develop their social skills and learn to make informed choices about leading a healthy and active lifestyle</p> <p>Students will understand why and how regular exercise has a positive effect on their own health, fitness and social well being. Extra Curricular Clubs such as fitness and community links will be promoted. For those studying the GCSE components of fitness needed and applied to each activity will be discussed. i.e. coordination, reaction time, speed and agility and those studying the BTEC course are encouraged to take a leadership role within each lesson to lead warm ups, tactical choices and coaching within lessons.</p>
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Year 10 HT3	
Year 10 HT4	
Year 10 HT5	
Year 10 HT6	
Year 11 HT1	<p>Sporting techniques, rules, regulations & tactics through athletics, invasion games, net games, striking and fielding games. Pupils are given greater independence to choose activities that they wish to pursue with an emphasis on post-16 participation.</p> <p>Students have a choice of up to 18 different activities over the course of the year and each half term will opt into the activity they wish to study. This programme of study includes a number of sports that have not been studied at KS3 to ensure students remain motivated to participate and maintain a high level of work rate. Students are encouraged to demonstrate perseverance when faced with challenging situations or scenarios as well as actively seek out challenges in lessons brought upon by the new activities. Some include: American Football, Just Dance, Ultimate Frisbee, Lacrosse, Orienteering, Softball, Tennis, Racquetball & Golf.</p> <p>Students will continue to develop their social skills and learn to make informed choices about leading a healthy and active lifestyle</p> <p>Students will understand why and how regular exercise has a positive effect on their own health, fitness and social well being. Extra Curricular Clubs such as fitness and community links will be promoted. For those studying the GCSE components of fitness needed and applied to each activity will be discussed. i.e. coordination, reaction time, speed and agility and those studying the BTEC course are encouraged to take a leadership role within each lesson to lead warm ups, tactical choices and coaching within lessons.</p>
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