

## KS4 Curriculum overview: GCSE PHYSICAL EDUCATION

### Year 10 Curriculum Map

Autumn Term	Spring Term	Summer Term
<p><b>Paper 2 content</b>  <u>Topic 1: Health, fitness and well-being</u></p> <ul style="list-style-type: none"> <li>Physical, emotional and social health</li> <li>Consequences of a sedentary lifestyle</li> <li>Energy use, diet and nutrition</li> </ul> <p><u>Practical activities:</u>            Handball, basketball, netball, football, trampolining</p>	<p><b>Paper 2 content</b>  <u>Topic 2: Sports Psychology</u></p> <ul style="list-style-type: none"> <li>Classification of skills</li> <li>Use of goal setting</li> <li>Guidance and feedback</li> <li>Mental preparation</li> </ul> <p><u>Practical activities:</u>            Handball, basketball, netball, football, trampolining</p>	<p><b>Paper 2 content</b>  <u>Topic 3: Socio-cultural influences</u></p> <ul style="list-style-type: none"> <li>Engagement patterns in physical activities</li> <li>Commercialisation of physical activity</li> <li>Ethical and sociocultural issues</li> </ul> <p><u>Practical activities:</u>            Handball, basketball, netball, athletics</p>

### Year 11 Curriculum Map

Autumn Term	Spring Term	Summer Term
<p><b>Paper 1 content</b>  <u>Topic 3: Physical training</u></p> <ul style="list-style-type: none"> <li>Health, fitness and exercise</li> <li>Components of fitness</li> <li>Principles of training</li> <li>Long term effects of exercise</li> <li>Optimising training and preventing injury</li> <li>Warm-up + cool down</li> </ul> <p><u>Practical activities:</u></p>	<p><b>Paper 1 content</b>  <u>Topic 1: Anatomy and Physiology</u></p> <ul style="list-style-type: none"> <li>Musculoskeletal system</li> <li>Cardiorespiratory system</li> <li>Aerobic and anaerobic exercise</li> <li>Short- and long-term effects of exercise</li> </ul> <p><u>Practical activities:</u>            Handball, basketball, netball, football, trampolining, table tennis</p>	<p><b>Paper 1 content</b>  <u>Topic 2: Movement analysis</u></p> <ul style="list-style-type: none"> <li>Lever systems</li> <li>Planes and axes of movement</li> <li>Ethical and sociocultural issues</li> </ul> <p><b>Exam revision</b></p>

Handball, basketball, netball, football, trampolining, table tennis		
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