Key Stage Four Curriculum Overview for GCSE PE

Curriculum Intent and Rationale for Exam Boards (for examined subjects)

GCSE Physical Education is broad, coherent, and practical and encourages learners to be inspired, motivated and challenged by the subject and enables them to make informed decisions about further learning opportunities and career pathways. GCSE Physical Education will equip learners with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness, and well-being. This will require them to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how the physiological and psychological state affects performance in physical activity and sport
- perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/ or compositional ideas
- develop their ability to analyse and evaluate to improve performance in physical activity and sport
- understand the contribution which physical activity and sport make to health, fitness and well-being
- understand key socio-cultural influences which can affect people's involvement in physical activity and sport.

How does the KS4 curriculum build on that from KS3?

GCSE Physical Education (PE) builds on the foundation laid in Key Stage 3 (KS3) by deepening students' understanding of physical activities and their impact on health and well-being. Here's a detailed breakdown of how GCSE PE follows on from KS3:

Skills Development

KS3: Students develop basic physical skills, learn the rules and strategies of various sports, and understand the importance of physical activity for health.

GCSE PE: Skills are refined and advanced. Students are expected to perform at a higher level, demonstrating more complex techniques and strategies in their chosen sports. There is a greater emphasis on applying these skills in competitive and real-life situations.

Theoretical Knowledge

KS3: Students get an introduction to basic theoretical concepts, such as the benefits of physical activity, basic anatomy and physiology, and simple fitness principles.

GCSE PE: Theoretical knowledge becomes more comprehensive and detailed. Students study topics such as sports psychology, socio-cultural influences, detailed anatomy and physiology, movement analysis, health, fitness, and training principles. This deeper understanding helps them make informed decisions about their own physical activity and performance.

Assessment and Evaluation

KS3: Assessment is often based on participation, basic skill development, and understanding of rules and tactics in a variety of sports.

GCSE PE: Assessment becomes more structured and formalized. It includes practical performance in selected sports, analysis and evaluation of performance, and written examinations on theoretical knowledge. Students must demonstrate their ability to critically evaluate their own and others' performances, understanding the strengths and areas for improvement.

Personal Fitness

KS3: Students learn about personal fitness through various physical activities and are introduced to fitness testing and basic training principles.

GCSE PE: There is a greater focus on personal fitness and training programs. Students learn how to design, implement, and evaluate personalized fitness programs. They understand the principles of training and how different types of exercise affect the body.

Health and Well-being

KS3: Basic concepts of health and well-being are introduced, including the benefits of an active lifestyle and the risks of sedentary behaviour.

GCSE PE: The concept of health and well-being is explored in more depth, including topics such as nutrition, mental health, and the long-term benefits of regular physical activity. Students learn about the holistic nature of health, encompassing physical, mental, and social aspects.

What do students do with their acquired knowledge and skills?

The GCSE course will allow pupils to critically analyse and evaluate physical performance and apply their experience of practical activities in developing their knowledge and understanding of the subject. GCSE PE will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology and biology. Students will also develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of industry. This specification creates confident, independent thinkers and effective decision makers who can operate effectively as individuals or as part of a team – all skills that will enable them to stand out and effectively promote themselves as they progress through life.

How does the KS4 curriculum align to and go beyond the National Curriculum?

GCSE PE goes beyond the National Curriculum by offering a deeper, more specialised study of physical education. It emphasizes advanced theoretical knowledge, specialized practical skills, comprehensive health education, leadership development, career exploration, and critical analysis. This holistic approach prepares students not only for further education and careers in sports and fitness but also equips them with valuable life skills and a thorough understanding of the importance of physical activity and health.

What new knowledge are students taught?

Term	Year 10	Year 11
Autumn	**Paper 1** - Components of fitness - Principles of training - Optimising training - Location of major bones - Functions of the skeleton - Types of synovial joint - Types of movement - Components of joints - Anatomy & Physiology - Major muscle groups - Lever System - Planes & Axes **Practical (possible options but TBD)** - Football	**Paper 2** - Physical activity and sport in the UK - Participation and promotion strategies - Commercialisation of Sport - Ethics, Violence & Drugs in sport - Characteristics of skillful movement - Classification of skill - Goal Setting - Mental Preparation - Types of guidance & Feedback - Health, Fitness & Wellbeing - Diet & Nutrition **Practical** TBC

	- Netball - Badminton - Basketball	
Spring	**Paper 1** - Structure and function of the CV system - Structure and function of the Respiratory system - Anaerobic and Aerobic exercise - Short & Long term effects of exercise - Prevention of injury - Characteristics of skill movement - Goal Setting **Practical (possible options but TBD)** - Table Tennis - Handball - Tennis (look at equipment for delivery)	**Paper 2** - Mock Exam (lesson based) - Practical Sport (grades finalised by 31st March) - Exam Techniques - Revision
Summer	**AEP Coursework** - Introduction - Analysis - Evaluation - Overview - Assessment - Movement Analysis - Action Plan	

How and where do students build knowledge through KS4?

GCSE Physical Education (PE) offers a comprehensive curriculum that teaches students a variety of skills, knowledge, and competencies across both theoretical and practical aspects of physical education and sports. Here's an overview of what GCSE PE teaches students:

Physical Competence and Performance

Skill Development: Students refine their physical skills and techniques in a range of sports and physical activities.

Performance Analysis: They learn how to analyze and improve their performance, understanding strengths and weaknesses and making informed adjustments to techniques and strategies.

Practical Assessment: Students are assessed on their ability to perform in chosen sports, demonstrating advanced skills, tactical understanding, and effective decision-making.

Theoretical Knowledge

Anatomy and Physiology: Students learn about the structure and function of the human body, including the musculoskeletal, cardiovascular, and respiratory systems.

Movement Analysis: They study biomechanics, understanding how movements are produced and how to optimize performance.

Exercise Physiology: The course covers how different types of exercise affect the body and the principles of training and adaptation.

Health, Fitness, and Well-being

Fitness Principles: Students learn about the components of fitness (e.g., cardiovascular endurance, strength, flexibility) and how to develop and maintain them.

Training Methods: They explore various training methods and how to design effective training programs tailored to specific sports and fitness goals.

Healthy Lifestyles: The importance of nutrition, mental health, and lifestyle choices for overall well-being is emphasized, teaching students how to lead a balanced and healthy life.

Sports Psychology

Mental Factors: Students learn about the psychological factors that affect performance, such as motivation, confidence, anxiety, and concentration.

Goal Setting and Motivation: They study techniques for setting effective goals and maintaining motivation, both for themselves and others.

Socio-cultural Influences

Role of Sport in Society: The course examines the impact of socio-cultural factors on participation and performance in sport, including issues of gender, ethnicity, and socio-economic status.

Contemporary Issues: Students explore current issues in sport, such as doping, commercialization, technology, and the role of major sporting events.

Leadership and Coaching

Leadership Skills: Students develop skills in leadership, teamwork, and communication through practical activities and sports leadership opportunities.

Coaching Techniques: They learn basic coaching principles and how to plan, deliver, and evaluate coaching sessions.

Analysis and Evaluation

Performance Evaluation: Students are taught how to critically analyze their own and others' performances, using observational skills and performance data to make informed evaluations.

Feedback and Improvement: They learn how to provide constructive feedback and develop strategies for continuous improvement.

Career and Further Education Pathways

Career Opportunities: The course introduces students to various career paths in sports, fitness, and health industries, such as coaching, sports therapy, sports journalism, and fitness training.
Further Education: Students are prepared for further study in physical education, sports science, and related fields, with a strong foundation for A-levels, BTEC, or university courses.