

Key Stage Four Curriculum Overview for PE (GCSE and BTEC Sport)

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

Students explore how parts of the human body function during physical activity and the physiological adaptations that can occur due to diet and training. They also develop skills in data analysis, and an understanding of the principles of training, why we train in different ways and how training plans can be made to optimise results.

Students develop their knowledge of the social-cultural and psychological influences on levels of participation in sport, and also how sport impacts on society more broadly. This includes the individual benefits to health, fitness and well-being of participating in physical activity, as well as the influences of commercialisation, sponsorship and the media.

Students are assessed in performing three practical activities and one performance analysis task. In the practical performance, they demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions. They are also required to demonstrate their ability to analyse and evaluate their own performance to produce an action plan for improvement.

How does the KS4 curriculum build on that from KS3?

GCSE PE and BTEC Sport builds on pupil's passion for PE and takes them further into understanding the mechanisms behind practical performance. Included are physiological and psychological influences as well as social-cultural influences.

What do students do with their acquired knowledge and skills?

The GCSE and BTEC 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 and BTEC sport 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. Pupils 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?

The GCSE PE and BTEC Sport course allows students to access the whole of the national curriculum through the study of the different sporting topics

What new knowledge are students taught?

Term	Year 10	Year 11
Autumn	<ul style="list-style-type: none"> • Components of fitness • Types of fitness tests and types of training • Movement analysis 	<ul style="list-style-type: none"> • Sociocultural influences • Sports Psychology
Spring	<ul style="list-style-type: none"> • Muscular and Skeletal system • Cardiovascular system • Respiratory system 	<ul style="list-style-type: none"> • Health and fitness • Practical moderation
Summer	<ul style="list-style-type: none"> • AEP coursework task 	<ul style="list-style-type: none"> • Revision and practical moderation

How and where do students build knowledge through KS4?

Students build knowledge through a variety of different theoretical concepts, stretching from anatomy and physiology to psychology and sociocultural issues in sport.

Students build practical skills through a variety of different sports focusing on high level performance (moderation)