IMBERHORNE SCHOOL

Curriculum Map

Physical Education KS4 GCSE PE

Our Vision:

In Key Stage 4, some students opt for the GCSE pathway on top of their core PE lessons. It is hoped that they will be able to use their understanding of sport and relate it to a number of socio-cultural, physiological, psychological, health and biomechanical situations.

Year Group	**Subject Skills** *Students will be able to use these skills and techniques:*	**Subject Knowledge** *Students will develop subject knowledge about…*	**Qualities Enhanced** *Through the study of PE, students will enhance their skills in…*
10 &11	Basic Techniques: Note making Revision techniques Exam question technique Interpreting data Assessing strengths and weaknesses in a performance and planning a programme to improve these weaknesses	Understanding of: Applied anatomy and physiology Movement analysis Physical training Sports psychology Socio-cultural influences Health, fitness and well-being Practical analysis Practical performance	• Communication • Team Work/Collaboration • Reading • Resilience • Etiquette • Critical thinking • Appreciating aesthetic qualities
10	Applied anatomy and physiology	• The structure and functions of the skeleton	• Critical thinking • Collaboration

	Understanding the theory and applying it to a practical, sporting situation. Understanding the types of question which may be asked in an exam situation	• The structure and function of the muscular system • The structure and function of the cardio-respiratory system • Aerobic and anaerobic exercise • The effects of exercise	• Reading • Exam technique
10	Movement analysis	• Types of levers • Basic movements • Planes of movement and axes of rotation	• Critical thinking • Collaboration • Reading • Exam technique
10	Physical training	• Health and fitness • The components of fitness • Fitness testing • Undertaking the appropriate fitness tests • The principles of training • Training thresholds • Types of training • Preventing injury • Training seasons • Warming up and cooling down	• Critical thinking • Collaboration • Reading • Exam technique • Empathy • Resilience
11	Sports psychology	• Skill and ability • Goals and targets • Information processing • Guidance and feedback on performance • Arousal • Aggression • Personality types • Motivation	• Critical thinking • Collaboration • Reading • Exam technique • Empathy

11	Socio-cultural influences	• Social groups and factors affecting participation • The commercialisation of physical activity and sport • The impact of technology on physical activity and sport • Ethical conduct by performers • Spectator behaviour	• Critical thinking • Collaboration • Reading • Exam technique
11	Health, fitness and well-being	• Physical, emotional and social health and wellbeing, and fitness • The consequences of a sedentary lifestyle • Somatotypes • Energy use • A balanced diet • Maintaining water balance	• Critical thinking • Collaboration • Reading • Exam technique • Empathy
10 & 11	Practical analysis	• Reflection of performance through analysing strengths and weaknesses • Creating an action plan to bring about improvement in performance using a range of strategies	• Resilience • Empathy
10 & 11	Practical performance	• Psychological control • Decision-making and problem-solving • Team work • Health and safety	• Critical thinking • Collaboration • Resilience