



**Curriculum Plan KS4 GCSE PE**

**Year 10**

Term 1		Term 2		Term 3	
Musculo-Skeletal System		Short & Long-term effects of exercise		Respiratory System	
Aerobic & Anaerobic exercise		Components of fitness & Tests	Principles & Methods of training	Coursework – Personal Exercise Programme (PEP)	
Sports Injuries		Cardiovascular System			

**Year 11**

Term 1		Term 2		Term 3	
Coursework – Personal Exercise Programme (PEP)		Lifestyle choices	Energy use, diet, nutrition & hydration	Lever Systems	Planes & Axis
Health and Fitness & Well-being	Sport Psychology	Engagement Patterns	Commercialisation & Socio-Cultural, ethical Issues	Revision	

**Curriculum Plan KS4 BTEC Sport**

**Year10**

Term 1		Term 2		Term 3	
Component 1	Component 1	Component 1	Component 2	Component 2	Component 2
Preparing participants to take part in sport and physical activity.			Taking Part and Improving other participant's sporting performance		
A: Explore types and provision of sport and physical activity for different types of participants.	B: Examine equipment and technology uses in sport.	C: Prepare participants to take part in sport and physical activity.  <b>Written Case study Exam 2hours</b>	A: Understand how the different Components of Fitness are used in different physical activities	B: Understand the roles and responsibilities of officials in sport.	B: Understand the roles and responsibilities of officials in sport.

**Year 11**

Term 1		Term 2		Term 3	
Component 2	Component 2	Component 3	Component 3	Component 3	
Taking Part and Improving other participant's sporting performance		Developing Fitness to improve other participants performance in sports and physical activity			
C: Demonstrate ways to improve participants sporting techniques	<b>Assessment window for Controlled Assessment</b>	A: Explore the importance of fitness for sports performance	B: Investigate fitness testing to determine fitness levels C: Investigate different training	D: Investigate fitness programming to improve fitness and sports performance	<b>Theory Exam 1hour 30</b>