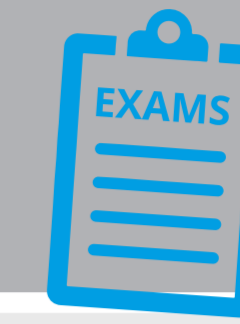
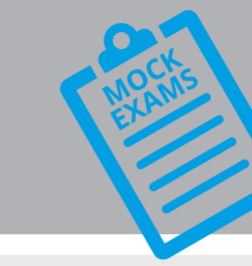




PE GCSE KS4



MENTAL PREPARATION

How do athletes get their head in the game?



GUIDANCE AND FEEDBACK

How does an athlete learn and develop?

HEALTH, FITNESS & WELLBEING

How do health, fitness & wellbeing affect each other?



DIET AND NUTRITION

Main components and impact on performance.



MOCK EXAMS AND REVISION

What do I need to do to improve my grade?

REVISION AND COMMENCEMENT OF EXTERNAL EXAMS

TRANSITION

GOAL SETTING

How does goal setting help develop personal performance?



SKILLS CLASSIFICATION

What is a skilful movement and how are skills classified?

VIOLENCE IN SPORT

Is this part of the game or does it cause harm?

DRUGS

What are the types and effects of PEDs?



ETHICS IN SPORT

How do ethical and social cultural issues impact sport?



COMMERCIALISATION IN SPORT

How does commercialisation influence sport?



MEDIA IN SPORT

What impact does media have on sport?



YEAR 11

WARM UP AND COOL DOWN

What are the short and long term effects of exercise and how do they support performance?



INJURY PREVENTION

How is injury prevented in different sporting activities?

ENGAGEMENT PATTERNS

What are the current trends in sport and what factors affect participation rates?



PRINCIPLES AND METHODS OF TRAINING

How do you plan a training programme?



EFFECTS OF EXERCISES

What are the short and long term effects of exercise and how do they support performance?



AEROBIC & ANAEROBIC SYSTEMS

What system is used for different intensities and durations?



RESPIRATORY SYSTEM

What is the role of the respiratory system?



CARDIOVASCULAR SYSTEM

The heart is described as a double pump, how does this allow the body to function by providing energy to working muscles?



YEAR 10

COMPONENTS OF FITNESS

How do components of fitness impact on sporting performance?



FITNESS TESTING

How fit are you?



SKELETAL SYSTEM

How do bones work to perform their functions?



MUSCULAR SYSTEM

How do muscles work together to perform movement?



MOVEMENT ANALYSIS

How does the lever system, planes and axis allow one to analyse movement during a sporting action?



Mastery in Year 11

- Developed understanding and application to sporting examples associated with socio-cultural influences, sports psychology and health, fitness and well being.

Mastery in Year 10

- Developed understanding and application to sporting examples associated with applied anatomy and physiology as well as physical training.

