



St George's School

Physical Education GCSE

KS4 Curriculum

PRIOR KNOWLEDGE <i>Knowledge and skills developed in KS3</i>	PE prior knowledge is detailed in our KS3 curriculum maps. All students should have experience of performing a range of core and advanced skills across various practical activities. They have also focused on decision making skills within competitive situations. Students will have developed their PE capabilities through a mixture of invasion games, netwall games, traditional team games, aesthetic activities, health and wellbeing activities, athletics and striking and fielding activities throughout KS3.
COURSE DELIVERY & STRUCTURE <i>How the curriculum is delivered</i>	Lessons: Students will receive five lessons per fortnight in both Year 10 and Year 11. Grouping: Students are taught in mixed gender mixed ability classes. Structure: Our lessons are structured into one theory lesson and one practical lesson per week, with an alternating lesson every other week also being theory focused. Theory lessons are taught in a variety of ways, some in a practical context in order to bring the theory to life. Throughout the practical lessons students are given an opportunity to develop and be assessed in activities which will form the three practical choices. In the summer term of year 10 students will undertake their only written piece of NEA titled Analysis and Evaluation of Performance (AEP). This will be delivered partly through timetable lessons with some time blocked during the year 10 mock period. Prep: Prep is set once or twice per week. Prep will predominantly consist of knowledge consolidation, pre-reading tasks or continuation of NEA tasks.
QUALIFICATION <i>Exam Board, aim and objectives</i>	GCSE OCR (J587) AO1 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. AO4 - Demonstrate and apply relevant skills and techniques in physical activity and sport. - Analyse and evaluate performance.
ASSESSMENT <i>Internal monitoring and final assessment</i>	Internal Assessment: One to one verbal feedback on theory and practical work every week. Students will be assessed periodically via topic testing. Students will receive a banded assessment at the end of each practical activity and feedback relating to how they can improve Students will complete a mock exam in year 10 and 11. Final assessment: NEA Practical moderation spring/summer term of year 11 AEP will be completed in summer term of year 10 Written exams Written paper 1 60 marks 1 hour summer exams year 11 Written paper 2 60 marks 1 hour summer exam year 11
BREADTH <i>Opportunities,</i>	Extra Curricular practices programme Competitive fixtures against other schools

<i>trips, wider reading, cultural capital</i>	Directed tasks to develop cultural capital House Sports Activities
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	SUBJECT KNOWLEDGE <i>Overview of topics</i>	SKILLS & STRATEGIES <i>Procedural knowledge</i>
Autumn Y10	1.1a. The structure and function of the skeletal system 1.1b. The Structure and function of the muscular system 1.1.c. Movement Analysis 1.2.a Components of Fitness 1.2b Applying the principles of training 1.2.c. Preventing injury in physical activity and training Practical NEA activities 1 and 2	• Knowledge of key terms • Identifying key locations of muscles and bones • Lever systems and planes of movement and application to sporting examples • Identifying fitness components and testing fitness • Application of how body systems are affected by exercise. • Key strategies for preventing injury • Practical application of skills - core, advanced, physical attributes and decision making skills.
Spring Y10	2.2 Sports Psychology Practical NEA activities 2 and 3	• Characteristics of skillful movement • Classifying skills in to categories • Goal setting • Mental preparation • Types of guidance and feedback • Practical application of skills - core, advanced, physical attributes and decision making skills.
Summer Y10	Analysis and Evaluation of Performance NEA 2.3 Health and Well-being Practical NEA 3 and 4	• Analysis of data • Creation of an action plan • Interpretation of data in tables and graphs • Numerical and logic skills • Practical application of skills - core, advanced, physical attributes and decision making skills.
Autumn Y11	1.1.d The Cardiovascular and respiratory systems 1.1.e Effects of exercise on body systems 2.1.a Engagement patterns of different social groups in physical activities and sports Revision on practical activities 1 and 2 NEA Mock preparation	• Knowledge of key terms • Identifying key structures and function of the cardiovascular and respiratory systems • Application of how body systems are affected by exercise. • Interpretation of data in tables and graphs • Numerical and logic skills • Practical application of skills - core, advanced, physical attributes and decision making skills.
Spring Y11	2.1.b Commercialisation of physical activity and sport 2.1.c Ethical and social-cultural issues in physical activity and sport Practical Moderation NEA	• Research current topics relating to commercialisation • Discussion and analysis of current ethical and social cultural issues • Practical application of skills - core, advanced, physical attributes and decision making skills.
Summer Y11	Revision	