



**KS4**

# PE Key Stage 4 Curriculum Overview

	<b>Autumn Term</b>	<b>Spring Term</b>	<b>Summer Term</b>
<b>Year 10</b>	<ul style="list-style-type: none"> <li>• Energy use</li> <li>• Plotting graphs</li> <li>• Balanced diet and role of nutrients</li> <li>• Water balance and hydration</li> <li>• Functions of skeleton</li> <li>• 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> class lever systems</li> <li>• Antagonistic muscle action</li> <li>• Mechanical advantage</li> <li>• Planes and axes</li> </ul>	<ul style="list-style-type: none"> <li>• Respiratory system</li> <li>• Blood vessels</li> <li>• Cardiac cycle</li> <li>• Structure of the heart</li> <li>• CV system key terms</li> <li>• Aerobic exercise and sport</li> <li>• EPOC</li> <li>• DOMS and recovery process</li> <li>• Ice Baths / Massage</li> <li>• Short- and long-term effects of exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Skill v Ability and Sport</li> <li>• Skill classification/continuums</li> <li>• Goal setting</li> <li>• SMART targets</li> <li>• Information processing models</li> <li>• Coursework</li> </ul>
<b>Year 11</b>	<ul style="list-style-type: none"> <li>• Components of Fitness</li> <li>• Fitness testing</li> <li>• Limitations and evaluations of fitness testing</li> <li>• Data analysis on fitness testing</li> <li>• SPORT Principles of training</li> <li>• FITT Principles and application</li> <li>• Training methods (Advant and disadvant')</li> <li>• Safety principles/ Altitude training</li> <li>• Test on Fitness, principles, Training methods</li> </ul>	<ul style="list-style-type: none"> <li>• Engagement and Participation levels</li> <li>• Barriers to Participation</li> <li>• Data Analysis and Participation</li> <li>• Commercialisation (Golden Triangle)</li> <li>• Sponsorship and the media</li> <li>• Commercialisation and performer/Sport</li> <li>• Technology and impact on performer and sport</li> <li>• Tech and impact on official/spectator/spons</li> <li>• Ethical issues Sportsmanship Gamesmanship</li> <li>• Performance Enhancing Drugs</li> </ul>	

	<ul style="list-style-type: none"><li>• Training seasons (Pre/comp/post)</li><li>• Plan a season long training programme</li><li>• Coursework Evaluation Part 1</li><li>• Intro to Arousal/ Inverted U theory</li><li>• Linking optimum Arousal to skills</li><li>• Controlling Arousal levels (Cog/somatic)</li><li>• Aggression: Direct V Indirect</li><li>• Personality (Introverts and Extroverts)</li><li>• Motivation (Intrinsic/Extrinsic)</li></ul>	<ul style="list-style-type: none"><li>• PED's: Adv' and disadvantages</li><li>• Spectators and Hooliganism</li><li>• Group activity on combating hooliganism</li></ul>	
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