

**KS4**

PE Key Stage 4 Curriculum Overview

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

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