



# KS4 GCSE PHYSICAL EDUCATION CURRICULUM



## *KS4 GCSE PE Curriculum Intent*

- To develop theoretical knowledge and understanding of the factors that underpin physical activity and sport.
- To understand how physiology and psychology affects performance in physical activity and sport.
- To understand the contribution that physical activity and sport make to health, fitness and wellbeing.
- To understand the key socio-cultural influences that affect people's involvement in physical activity and sport.
- To perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas.
- To reflect the school's motto of Love as Brethren through continued passion of physical education

## *KS4 GCSE PE Exam Board*

[Edexcel – 1PE0](#)

The Pearson Edexcel exam board provides a specification which reflects the demands of a modern and evolving environment of physical education and sport. The qualification gives a clear structure to the course which shows variety in its assessment methods to allow all students to succeed. The holistic understanding of the world of physical education and sport allows students to be engaged by modern topics and issues that surround them in their sporting world whilst developing their knowledge for an easier transition into A-Level PE.

## *KS4 GCSE PE Course Breakdown*

- **Fitness and Body systems (1PE0/01):** assessed by a written examination of 90 marks lasting 1 hour 45 minutes. This component contributes 36% to the qualification.
- **Health and Performance (1PE0/02):** assessed by a written examination of 70 marks lasting 1 hour and 15 minutes. This component contributes 24% to the qualification.
- **Practical Performance (1PE0/03) – Non-examined assessment:** students are assessed on their skills and performance in THREE sports (one team, one individual, one free choice). This component contributes 30% of the qualification, and is externally moderated by the exam board.
- **Personal Exercise Programme (1PE0/04) – Non-examined assessment:** students are assessed on their ability to plan, carry out, monitor, and evaluate an exercise programme in a 1500-word assignment. This contributes 10% to the qualification, and is externally moderated by the exam board.

## *KS4 GCSE PE Curriculum Map*

- Theory modules follow a logical order to foster student interest and develop on existing knowledge (see map below).
- Practical module delivery follows a varied pathway where excellence can be achieved in student's chosen 3 sports (as per specification and dependant on schools' ability to deliver this on site).
- Practical modules are supported by the schools' extra-curricular programme.

## *KS4 GCSE PE Assessment*

- Formative assessment takes place in lessons through oral teacher feedback and self and peer assessment.
- Homework is set when necessary and beneficial to students' learning.
- End-of-topic tests are set on a regular basis. Past paper questions are used to assess student's learning and areas to develop, whilst providing a bank of resources.
- Homework, classwork, end-of-topic tests and sport assessments are given a comment/mark/percentage.
- Summative assessment, incorporating all learning to date, occurs three times a year. Students are awarded a percentage/mark *and* grade relative to Pearson Edexcel grade boundaries for these assessments.
  - Year 10 students undertake 2 cumulative tests and 1 end of year examination
  - Year 11 students undertake a mock, re-mock and GCSE examination
- Assessments are recorded on Go4Schools

## *KS4 GCSE PE – Course requirements*

Although no formal grade is required to undertake GCSE Physical Education it is strongly recommended that students regularly participate in 3 sports on the specification at KS3. Students should also have a good understanding of human biology from KS3 science.

**KS4 GCSE PE Curriculum Maps**

	<b>YEAR 10 THEORY</b>	
	<b>TOPICS</b>	<b>SEQUENCE RATIONALE</b>
<b>AUTUMN HALF TERM 1</b>	Structure and functions of the musculo-skeletal system	<p><i>The first two topics build on some KS3 biology knowledge.</i></p> <p><i>Both topics are structural anatomy and therefore share many common concepts.</i></p>
<b>AUTUMN HALF TERM 2</b>	Structure and functions of the cardio-respiratory system  Short and long term effects of exercise	
<b>Year 10 cumulative test 1 (4 topics tested)</b> <b>1hr paper inc a 9-mark question</b>		
<b>SPRING HALF TERM 1</b>	Lever systems  Planes and axes of movement  Health, fitness and the effect of exercise	<p><i>Sufficient knowledge gained from the musculo-skeletal topic to develop understanding of movement analysis.</i></p>
<b>Year 10 cumulative test 2 (7 topics)</b> <b>1hr paper inc a 9-mark question</b>		
<b>SPRING HALF TERM 2</b>	Testing and components of fitness  Principles of training	<p><i>Physical training topics introduced, building on previous knowledge, enabling preparation for PEP.</i></p> <p><i>Completion of paper 1 to be tested in end of year 10 exam.</i></p>
<b>YEAR 10 END OF YEAR EXAM (9 topics)</b> <b>1hr 45 min paper (as per GCSE Paper 1) inc 2 9-mark questions</b>		
<b>SUMMER HALF TERM 1</b>	Effective use of warm up & cool down  Optimising training and recovery  Goal setting	<p><i>Introduction of Paper 2 content, focusing on how lifestyle can affect individuals as people and sports performers.</i></p>
<b>SUMMER HALF TERM 2</b>	PEP planning and writing	<p><i>Focused, intensive preparation and planning of NEA component.</i></p>
<b>SUMMER HOLIDAYS</b>	Carrying out and monitoring PEP	<p><i>Students will complete their PEP programme over summer holidays to ensure continual engagement with the course.</i></p> <p><i>This allows for a focussed transition back into Year 11 where they will complete the evaluation section of the PEP.</i></p>

	<b>YEAR 11 THEORY</b>	
	<b>TOPICS</b>	<b>SEQUENCE RATIONALE</b>
<b>AUTUMN HALF TERM 1</b>	PEP re-test, evaluation and final submission	<i>Completion of NEA written component.</i>
<b>AUTUMN HALF TERM 2</b>	Physical, emotional, and social health, fitness and well-being	<i>Development of all previous knowledge surrounding lifestyle choices and the benefits of partaking in physical activity and sport.</i>
	Consequences of a sedentary lifestyle	<i>Understanding of how sport can benefit individuals as exams approach.</i>
	<b>YEAR 11 MOCK EXAM</b> 1hr 45 mins paper to mimic GCSE Paper 1 (inc 2 x 9 marker). 1hr 15 mins to mimic Paper 2 (inc 2x 9 marker)	
<b>SPRING HALF TERM 1</b>	Energy use, diet, nutrition and hydration	<i>Application of previous knowledge from paper 1 and 2 in relation to diet. Components of a balanced diet and their use within physical activity and impact/use of different diets to affect performance.</i>
	Classification of Skills	<i>Introduction of psychology.</i>
	Guidance and feedback on performance	<i>Insight into how classifying skills can help coaches/performers to develop appropriate training practices to improve skills.</i>
<b>SPRING HALF TERM 2</b>	Mental preparation for performance	<i>Knowledge built from previous topic; correct use of guidance and feedback for varying skills and how this can optimise performance.</i>
	Engagement patterns	<i>Introduction of socio-cultural issues.</i>
	Commercialisation of physical activity and sport	<i>Impact of individual factors on participation rates in sports. The relationship between sport, the media and commercialisation, and the impact this has on sports, performers and spectators</i>
	Ethical and socio-cultural issues	<i>Sporting behaviours, reasons for cheating/deviance and the impact on performers and sports.</i>
	<b>YEAR 11 RE-MOCK EXAM</b> 1hr 45 mins paper to mimic GCSE Paper 1 (inc 2 x 9 marker). 1hr 15 mins to mimic Paper 2 (inc 2x 9 marker)	
<b>SUMMER HALF TERM 1</b>	Revision	<i>Past paper questions, revisiting of topics students find challenging. Individualised support.</i>

### **KS4 GCSE PE Practical Lesson Schedule**

	<b>Year 10</b>	<b>Year 11</b>
<b>Autumn Term</b>	Swimming Netball Rugby Hockey	Fitness re-testing for PEP PEP – evaluation write-up GCSE sport preparation
<b>Spring Term</b>	Badminton Table Tennis Basketball Football	GCSE sport preparation
<b>Summer Term</b>	Athletics Tennis Cricket	Practical choices for recreation and stress relief

*\*The order in which students participate in these sports and the terms in which they may complete them in will vary depending on the number of core PE classes in their half of the year group.*

### **KS4 GCSE PE Practical Lesson Activities**

<b>YEAR 10 – GCSE</b>
<p><b><u>ATHLETICS</u></b>            Popularity within school community.            Local area of specialism with many clubs in vicinity.            School success at national level.  <b>Popular choice for students requiring a third sport; significant improvements can be made with sustained commitment</b></p>
<p>Focus by students on specialist event.            Development of technique with advanced drills.            Understanding of rules of competition.</p>
<p><b><u>BADMINTON</u></b>            Popularity within school community.            School success at national level.  <b>Popular choice for students requiring a third sport; significant improvements can be made with sustained commitment</b></p>
<p>Development of techniques with advanced drills.            Singles and doubles match play tactics.            Understanding of rules and scoring.</p>
<p><b><u>BASKETBALL</u></b>            Popularity within school community.</p>
<p>Development of techniques with advanced drills.            Match play.            Tactical awareness.            Understanding of rules.</p>
<p><b><u>CRICKET</u></b>            Popularity within school community.            Local area of specialism with many clubs in vicinity.            School success at county level.</p>
<p>Development of techniques with advanced drills.            Match play.            Tactical awareness.            Understanding of rules.</p>
<p><b><u>FOOTBALL</u></b>            Popularity within school community.            Local area of specialism with many clubs in vicinity.            School success at county level.</p>
<p>Development of techniques with advanced drills.            Match play.            Tactical awareness.            Understanding of rules.</p>

<p><b><u>HOCKEY</u></b>  <b>Popularity within school community.</b>  <b>Local area of specialism with many cubs in vicinity.</b>  <b>School success at national level.</b></p>
<p>Development of techniques with advanced drills.  Match play.  Tactical awareness.  Understanding of rules.</p>
<p><b><u>NETBALL</u></b>  <b>Popularity within school community.</b>  <b>Local area of specialism with many cubs in vicinity.</b>  <b>School success at regional level.</b></p>
<p>Development of techniques with advanced drills.  Match play.  Tactical awareness.  Understanding of rules.</p>
<p><b><u>RUGBY</u></b>  <b>Popularity within school community.</b>  <b>Local area of specialism with many cubs in vicinity.</b>  <b>School success at county level.</b></p>
<p>Development of basic technique and introduction to 'safe play' for those students that have not played previously.  Development of techniques with advanced drills.  Match play.  Tactical awareness.  Understanding of rules.</p>
<p><b><u>SWIMMING</u></b>  <b>Popularity within school community.</b>  <b>Local area of specialism with many cubs in vicinity.</b>  <b>School success at national level.</b>  <b>Popular choice for students requiring a third sport; significant improvements can be made with sustained commitment</b></p>
<p>Focus by students on specialist stroke.  Development of technique with advanced drills.  Understanding of rules of competition.</p>
<p><b><u>TENNIS</u></b>  <b>Popularity within school community.</b>  <b>Local area of specialism with many clubs in vicinity.</b>  <b>School success at national level.</b></p>
<p>Development of techniques with advanced drills.  Singles and doubles match play tactics.  Understanding of rules and scoring.</p>
<p><b><u>TABLE TENNIS</u></b>  <b>Popular third choice for other racquet players eg badminton, tennis.</b></p>
<p>Development of techniques with advanced drills.  Singles and doubles match play tactics.  Understanding of rules and scoring.</p>
<p><b><u>Year 11 - GCSE</u></b></p>
<p><b><u>PREPARATION OF 3 CHOSEN SPORTS</u></b></p>
<p>Short blocks of work using the same drills as would be used in final moderation  <u>Term 1</u>  focus on all 3 chosen sports by all students  <u>Term 2</u>  Weekly rotation of sports with only students that have selected these sports to take part to enable high quality  Students not participating are in classroom setting with a focus on theory exam technique</p>

**The Pearson Edexcel GCSE Physical Education course provides the basis for students to embark on A Level Physical Education at CCCS or an alternative provider. It also provides an excellent platform for BTec Sport at alternative providers. The course proves to develop excellent attributes and skill sets to enable individuals to be successful in unrelated education/work pathways.**



**LOVE AS BRETHERN**