

KS4 Curriculum GCSE Physical Education

Overview

OCR GCSE PE

Curriculum Intent

Students explore how parts of the human body function during physical activity and the physiological adaptations that can occur due to diet and training. They also develop skills in data analysis, and an understanding of the principles of training, why we train in different ways and how training plans can be made to optimise results.

Students develop their knowledge of the social-cultural and psychological influences on levels of participation in sport, and also how sport impacts on society more broadly. This includes the individual benefits to health, fitness and well-being of participating in physical activity, as well as the influences of commercialisation, sponsorship and the media.

Students are assessed in performing three practical activities and one performance analysis task. In the practical performance, they demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions. They are also required to demonstrate their ability to analyse and evaluate their own performance to produce an action plan for improvement.

How does the KS4 curriculum build on that from KS3?

GCSE PE builds on pupil's passion for PE and takes them further into understanding the mechanisms behind practical performance. Included are physiological and psychological influences as well as social-cultural influences.

What do students *do* with this knowledge or these skills?

The course will allow pupils to critically analyse and evaluate physical performance and apply their experience of practical activities in developing their knowledge and understanding of the subject.

GCSE PE will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology and biology. Pupils will also develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of industry. This specification creates confident, independent thinkers and effective decision makers who can operate effectively as individuals or as part of a team – all skills that will enable them to stand out and effectively promote themselves as they progress through life.

How does the KS4 curriculum align to the National Curriculum?

The GCSE PE course encourages pupils to access all elements of the National Curriculum across the different topics of study.

What new knowledge or skills are students taught?

Term	Year 10	Year 11
Autumn	<ul style="list-style-type: none"> Health Fitness and Wellbeing Sports psychology 	<ul style="list-style-type: none"> Physical Training Coursework
Spring	<ul style="list-style-type: none"> Sports psychology Socio-cultural influences 	<ul style="list-style-type: none"> Applied anatomy and physiology Practical Moderation
Summer	<ul style="list-style-type: none"> Physical training 	<ul style="list-style-type: none"> Course revision
Rationale for this sequencing	<p>Pupils study Paper 2 from the start as it is more difficult content. During the summer of Year 10 pupils begin to prepare for their coursework through the physical training unit. Paper 1 is completed in the spring of Year 11 and there is time for revision of all content before exam season.</p>	

Additional support at home

Additional reading for enjoyment, enhancement and extension	<ul style="list-style-type: none">• An awareness of contemporary news/issues from the world of sport.
Online resources to practice, consolidate and revise	<ul style="list-style-type: none">• The Everlearner: Preparation tasks will be set on this platform.• BBC Bitesize: Excellent revision tool.
Workbooks & revision guides to practice, consolidate and revise	<ul style="list-style-type: none">• CGP practice workbook• CGP revision guide