



# KS4 Curriculum Overview

# GCSE Physical Education

## 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
<b>Autumn</b>	<ul style="list-style-type: none"> <li>1.1a The structure and function of the skeletal system</li> <li>1.1b The structure and function of the muscular system</li> <li>1.1c Movement analysis</li> <li>1.1d The cardiovascular and respiratory systems</li> <li>1.1e Effects of exercise on body systems</li> </ul>	<ul style="list-style-type: none"> <li>2.1a Engagement patterns of different social groups in physical activities and sport</li> <li>2.1b Commercialisation of physical activity and sport</li> <li>2.1c Ethical and socio-cultural issues in physical activity and sport</li> </ul>
<b>Spring</b>	<ul style="list-style-type: none"> <li>1.2a Components of fitness</li> <li>1.2b Applying the principles of training</li> <li>1.2c Preventing injury in physical activity training</li> </ul>	<ul style="list-style-type: none"> <li>2.3 Health, Fitness and Well-Being</li> </ul>
<b>Summer</b>	<ul style="list-style-type: none"> <li>2.2 Sports Psychology</li> <li>Component 5 Analysis and Evaluation of Performance</li> </ul>	<ul style="list-style-type: none"> <li>Course revision</li> </ul>

<p><b>Rationale for this sequencing</b></p>	<p>Paper 1 begins with foundational knowledge required for later learning, building the retrieval of skeletal, muscular, cardio-vascular and respiratory systems and how they function. Year on year, Paper 1 scores much lower nationally, so studying this first allows for greater retention into long term memory, as well as larger time dedicated to embedding this knowledge.</p>
<p><b>Additional support at home</b></p>	
<p><b>Additional reading</b> for enjoyment, enhancement and extension</p>	<ul style="list-style-type: none"> <li>• <a href="#">BBC Sport - Scores, Fixtures, News - Live Sport</a></li> <li>• <a href="#">Sky Sports - Sports News, Transfers, Scores   Watch Live Sport</a></li> <li>• An awareness of contemporary news/issues from the world of sport</li> </ul>
<p><b>Online resources</b> to practice, consolidate and revise</p>	<ul style="list-style-type: none"> <li>• The <a href="#">Everlearner</a>: Preparation tasks will be set on this platform</li> <li>• <a href="#">BBC Bitesize</a>: Excellent revision tool</li> <li>• <a href="#">Welcome To TeachPE.com - TeachPE.com</a></li> <li>• <a href="#">BrianMac Sports Coach</a></li> </ul>
<p><b>Workbooks &amp; revision guides</b> to practice, consolidate and revise</p>	<ul style="list-style-type: none"> <li>• <a href="#">CGP practice workbook</a></li> <li>• <a href="#">CGP revision guide</a></li> <li>• GCSE PE Topics on Page (booklet handed out and on Teams area)</li> </ul>