

KS4 - SPORT - GCSE

YEAR 10 CURRICULUM

Term	Theoretical topics	Practical/NEA
1	Components of fitness Training methods Training zones & principals of training	Typically Students will be taught skills and concepts in Netball, badminton and trampolining, students will also be offered the chance to participate in rock climbing. This offer will be supplemented by a wide range of sports offered in core PE
2	Media, sport & commercialisation Health, fitness & fitness testing	
3	Skill, ability & classification of skill Arousal, anxiety and stress management techniques Guidance	
4	Bones, joints, movements Planes and axis of movement Types of contraction Structure of a synovial joint	
5	Social groups and barriers to participation Aerobic and anaerobic energy systems, long and short term effects of exercise	
6	Cardiovascular system Respiratory system Prepare and revise for mock exams	

YEAR 11 CURRICULUM

Term	Theoretical topics	Practical/NEA
1	Review of components of fitness, training methods and principals of training Motivation and personality, review of arousal & anxiety Goal setting Information processing	Analysis and evaluation
2	Lever systems. Review of movement analysis. Diet & lifestyle Somatotype Revision & preparation for mock exams.	Analysis and evaluation
3	Ethics in sport Drugs in sport Training seasons	Revision of year 10 topics
4	Feedback, Revision of guidance Review and finalize analysis and evaluation coursework. Revision Walking talking mock	Moderation practical preparation Practical moderation
5	Exam	