

## The Key Stage 4 Journey

GCSE PE		
Exam Board	AQA	
Specification	<a href="#">AQA   Physical Education   GCSE   GCSE Physical Education</a>	
Year 10		
1	Health and Fitness	Students will gain an understanding of how to lead an active lifestyle and the impact of physical activity on our Health. This includes diet, body types and linking participation in physical activity, exercise and sport to fitness, health and wellbeing. This knowledge underpins the rest of the course as students are required to reflect on the impact of various influences on their physical, mental and social health.
2	Physical Training	Students explore the relationship between Health and Fitness. They will gain an understanding of the various components of fitness and the various methods and principles used to train and make improvements in them. Students are required to identify which components and training methods are most suited to their chosen sport/s. This knowledge is essential for the NEA coursework completed later this academic year.
3	Sports Psychology	Students learn how different personality types are better suited to different sporting activities and explore motivation, target setting, and information processing. Students learn the difference between skill and ability and the different classification of skills. A vital piece of knowledge gained in this unit is how arousal levels can impact on sporting performance. This knowledge supports the NEA coursework.
4	NEA coursework	Students use the knowledge from the units covered to date and their chosen practical sport to complete the NEA controlled assessment. This requires students to analyse their strengths and areas for development in their chosen sporting activity; applying their theoretical knowledge.
5	Applied Anatomy and Physiology	Students learn the components and functions of the skeletal system, muscular system, cardio-respiratory system and joints in the body. This knowledge is then used to analyse various sporting performance; demonstrating an understanding of how the various systems are involved in performing different sporting actions.

Year 11		
1	Movement analysis	<p>Students learn how muscles work together to cause body movements and apply this in their understanding of different sporting actions.</p> <p>This unit includes learning the different classes of levers and their mechanical advantages, the different planes and axes of movements and learning the muscles causing movements at different joints.</p> <p>This unit requires a strong understanding of the learning covered in applied anatomy and physiology.</p>
2	Commercialisation and ethics	<p>Students demonstrate an understanding of the engagement patterns of different social groups and the factors affecting participation.</p> <p>Students then learn about the relationship between sport, sponsorship and the media including examples of current media coverage.</p> <p>Students use this knowledge to analyse the positive and negative impacts of the media and technology in sport.</p> <p>The unit concludes with students understanding the conduct of sports performers including the use of prohibited substances, modified equipment and the effects of spectators at sporting events.</p> <p>Students often have a sound knowledge of these topics through their interest in sport.</p>
3	Mock examination	Preparation for the final mock exam which covers both Paper 1 and Paper 2. This includes supporting students with revision materials and techniques.
4	Practical Moderation/ Assessment and Theory Revision	Practical Moderation in students final 3 sporting activities. Targeted revision based on students mock exam results.
5	Revision	General revision in readiness for the final exams.