



PHYSICAL EDUCATION

Long Term Plan for KS4 Curriculum (GCSE PE)

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10 Eduqas GCSE PE	<i>Practical Performance (3 Sports)</i>	<i>Practical Performance (3 Sports)</i>	<i>Practical Performance (3 Sports)</i>	<i>Practical Performance (3 Sports)</i>	<i>Practical Performance (3 Sports)</i>	<i>Practical Performance (3 Sports)</i>
	<i>Health, Training and Exercise Exercise Physiology</i>	<i>Health, Training and Exercise Exercise Physiology</i>	<i>Methods and principles of training Exercise Physiology</i>	<i>Methods and principles of training Exercise Physiology</i>	<i>PEP (Coursework) Movement Analysis</i>	<i>PEP (Coursework) Movement Analysis</i>

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 11 Eduqas GCSE PE	<i>Practical Performance (3 Sports)</i>	<i>Practical Performance (3 Sports)</i>	<i>Practical Performance (3 Sports)</i>	<i>Practical Performance (3 Sports)</i>	<i>Revision</i>	
	<i>Psychology of sport and physical activity Socio-cultural issues</i>	<i>Psychology of sport and physical activity Socio-cultural issues</i>	<i>Psychology of sport and physical activity Socio-cultural issues</i>	<i>Psychology of sport and physical activity Socio-cultural issues</i>		

Intent

Key Stage 4

- Pupils to experience a variety of different sports
- Pupils to further a competitive nature
- Maintain a healthy lifestyle during both GCSE and non-GCSE courses
- Further a value for sport and exercise ethos
- To provide an outlet for stress during exam courses

Key Stage 4 – Examination Route

- Develop an understanding of the theory behind sport
- Provide an insight into the sports industry and the world of sport
- Develop knowledge of how the body works during physical exercise and sport
- Development of sports industry skills
- Preparation for sports courses in further and higher education