Key Stage 4 Curriculum

GCSE PE

In Year 10 Students will study:

THE WINSFORD ACADEMY

	Winter Term		Spring Term		Summer Term	
	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Content	**Paper 1:** Bones, muscles, and joints **Paper 2:** Skill classification, goals and feedback **Practical:** Fitness	**Paper 1:** Heart, lungs and key terms **Paper 2:** Guidance, Motivation, Personality and Aggression **Practical:** Badminton skills	**Paper 1:** Types of exercise and effects of exercise **Paper 2:** Socio-cultural influences **Practical:** Table Tennis skills & games	**Paper 1:** Movement analysis, levers, planes & axes **Paper 2:** Media in sport, Technology in sport **Practical:** Football skills & games	**Paper 1:** Health, fitness components and training methods **Paper 2:** Ethical conduct in sport **Practical:** Athletics	**Paper 1:** Principles of training, the training year. **Paper 2:** Diet and nutrition **Practical:** Tennis
Homework	Microsoft team quizzes, independent research tasks and past paper questions	Microsoft team quizzes, independent research tasks and past paper questions	Microsoft team quizzes, independent research tasks and past paper questions	Microsoft team quizzes, independent research tasks and past paper questions	Microsoft team quizzes, independent research tasks and past paper questions	Microsoft team quizzes, independent research tasks and past paper questions
Wider Curriculum Offer	**Extra-curricular offer**: Football, netball, table tennis, fitness and cross country District and county competition programme	**Extra-curricular offer**: Basketball, netball, girls' football, fitness and table tennis District and county competition programme	**Extra-curricular offer**: Basketball, netball, girls' football, fitness, indoor athletics and table tennis District and county competition programme	**Extra-curricular offer**: Rugby, volleyball, handball, fitness and table tennis District and county competition programme	**Extra-curricular offer**: Athletics, Cricket, Tennis and Rounders	**Extra-curricular offer**: Athletics, Cricket, Tennis and Rounders
Assessment	**Paper 1:** Bones, muscles, and joints **Paper 2:** Skill classification, goals and feedback **Practical:** Badminton skills assessment	**Paper 1:** AP1 test: cardio-respiratory system **Paper 2:** AP2 test: Sports Psychology **Practical:** Badminton skills assessment	**Paper 1:** Types of exercise and effects of exercise test **Paper 2:** Socio cultural influences test **Practical:** Table tennis skills assessment	**Paper 1:** AP2 test: Paper 1 so far **Paper 2:** AP2 test: Paper 2 so far **Practical:** Football skills assessment	**Paper 1:** Components of fitness test Paper 2: Ethics in sport test **Practical:** Athletics skills assessment	Paper 1: Yr10 Mock exam – full content paper Paper 2: Yr10 Mock exam – full paper content **Practical:** Tennis skills assessment

In Year 11 Students will study:

	Winter Term		Spring Term		Summer Term	
	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Content	**Paper 1:** Written coursework – analysis section **Paper 2:** Somatotypes and diet recap **Practical:** Badminton assessments	**Paper 1:** Written coursework – evaluation section **Paper 2:** Sports psychology revision **Practical:** Table Tennis assessments	**Paper 1:** Bones, muscles, and joints **Paper 2:** Socio-cultural influences and ethics revision **Practical:** Football assessments	**Paper 1:** Bones, muscles, and joints **Paper 2:** Diet and Nutrition revision **Practical:** Practical moderation	**Paper 1:** Past paper workshops **Paper 2:** Past paper workshops **Practical:** N/A	SUMMER EXAMS
Homework	Microsoft team quizzes, independent research tasks and past paper questions	Microsoft team quizzes, independent research tasks and past paper questions	Microsoft team quizzes, independent research tasks and past paper questions	Microsoft team quizzes, independent research tasks and past paper questions	Microsoft team quizzes, independent research tasks and past paper questions	**N/A**
Wider Curriculum Offer	**Extra-curricular offer**: Football, netball, table tennis, fitness and cross country District and county competition programme	**Extra-curricular offer**: Basketball, netball, girls' football, fitness and table tennis District and county competition programme	**Extra-curricular offer**: Basketball, netball, girls' football, fitness, indoor athletics and table tennis District and county competition programme	**Extra-curricular offer**: Rugby, volleyball, handball, fitness and table tennis District and county competition programme	**Extra-curricular offer**: Athletics, Cricket, Tennis and Rounders District and county competition programme	**N/A**
How you will be assessed	Written Coursework assignment	Paper 1& 2: Mock exams (1) Written Coursework assignment	Paper 1& 2: Mock exams (1) + Practical assessment	External moderator in for practical moderation day	Paper 1: May 1hr 15min exam Paper 2: June 1hr 15min exam	**N/A**