

Physical Education KS4 Curriculum Learning Road Map



GCSE PE

This GCSE in Physical Education will equip students with the knowledge, understanding, skills and values they need to be able to develop and maintain their performance in physical activities. Students will also gain understanding of how physical activities benefit health, fitness and wellbeing.

- Careers in Sport**
- Teaching
 - Sports scientist
 - Physiotherapist
 - Sports coach
 - Sports development officer
 - Personal trainer
 - Sports psychologist
 - Sports analyst
 - Sports journalist
 - Sports masseuse

- Higher Education**
- College
 - 6th Form
 - A levels
 - BTEC
 - CNAT's

Component 1: Fitness and Body Systems

Component 2: Health and Performance

Component 3: Practical Performance

Component 4: Personal Exercise Programme (PEP) (Component code: 1PE0/04)



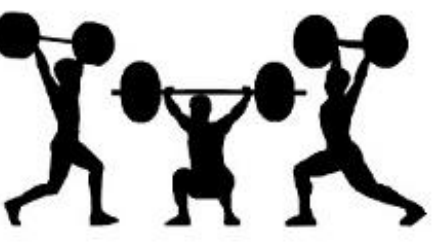
- Commercialisation
- Ethical Issues
- Engagement Patterns

Socio-cultural Influences



- Evaluation
- Application and Monitoring
- Aim and Planning Analysis

Personalised Exercise Programme



- Components of Fitness

- Principles of Training

- Optimising Training

Physical Training

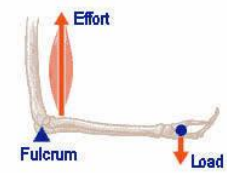
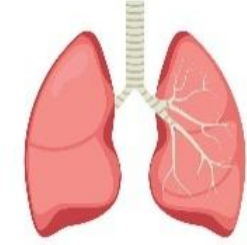
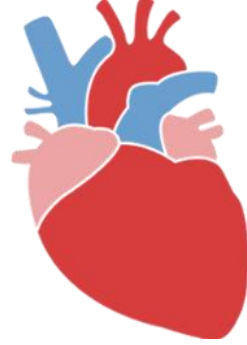


- Feedback
- SMART targets

YEAR 11

Sports Psychology

- Skill classification
- Guidance



- Muscular system

- Cardiovascular system

- Respiratory system

- Movement analysis

Anatomy and Physiology

- Skeletal System

- Sedentary lifestyles
- Energy use



- Physical, emotional, social, fitness & wellbeing



Health Fitness and Wellbeing

- Diet
- Nutrition
- Hydration



- Relationship between health and fitness.

YEAR 10



Key Stage 3 Core PE

Team Sports and Individual Sports

