



Key Stage 4 GCSE Programme of Study

Year Group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
10	<p>Topic/Enquiry: Applied Anatomy and Physiology</p> <p>Key knowledge: Structure of musculo-skeletal system Structure of cardio-respiratory system</p> <p>Assessment: Quizzes Short and long answer questions End of Unit Tests</p> <p>Values: Confidence</p>	<p>Topic/Enquiry: Applied Anatomy and Physiology Movement Analysis</p> <p>Key knowledge: Levers and Mechanical Advantage An/ Aerobic Exercise Long/ Short Term Effects of Exercise</p> <p>Assessment: Quizzes Short and long answer questions End of Unit Tests</p> <p>Values: Respect</p>	<p>Topic/Enquiry: Movement Analysis Physical Training</p> <p>Key knowledge: Levers and Mechanical Advantage Planes and axes of movement The relationship between health, fitness and exercise</p> <p>Assessment: Quizzes Short and long answer questions End of Unit Tests</p> <p>Values: Resilience</p>	<p>Topic/Enquiry: Physical Training</p> <p>Key knowledge: The components of fitness, measurement and benefits to sport Principles of Training</p> <p>Assessment: Quizzes Short and long answer questions End of Unit Tests</p> <p>Values: Leadership</p>	<p>Topic/Enquiry: Physical Training</p> <p>Key knowledge: Long term effects of exercise Optimise training and prevent injury Effective use of warm up and cool down</p> <p>Assessment: Quizzes Short and long answer questions End of Unit Tests</p> <p>Values: Responsibility</p>	<p>Topic/Enquiry: Use of data</p> <p>Key knowledge: Use of data, analysis and evaluation</p> <p>Assessment: Quizzes Short and long answer questions End of Unit Tests</p> <p>Values: Cooperation</p>

<p>11</p>	<p>Topic/Enquiry: Health, fitness and well-being</p> <p>Key Knowledge: Physical, emotional and social health Consequences of a sedentary lifestyle Energy use, diet. Nutrition and hydration</p> <p>Assessment: Quizzes Short and long answer questions End of Unit Tests</p> <p>Values: Confidence</p>	<p>Topic/Enquiry: Sports Psychology</p> <p>Key Knowledge: Classification of skills Goal setting and SMART targets</p> <p>Assessment: Quizzes Short and long answer questions End of Unit Tests</p> <p>Values: Respect</p>	<p>Topic/Enquiry: Sports Psychology</p> <p>Key Knowledge: Guidance and feedback on performance Mental Preparation</p> <p>Assessment: Quizzes Short and long answer questions End of Unit Tests</p> <p>Values: Resilience</p>	<p>Topic/Enquiry: Socio-cultural influences</p> <p>Key Knowledge: Engagement patterns of social groups in physical activity Commercialisation of sport Ethical and sociocultural issues</p> <p>Assessment: Quizzes Short and long answer questions End of Unit Tests</p> <p>Values: Leadership</p>	<p>Topic/Enquiry: Use of Data</p> <p>Key Knowledge: Use of Data</p> <p>Assessment: Quizzes Short and long answer questions End of Unit Tests</p> <p>Values: Responsibility</p>	
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