



## **KS4 Physical Education**

Approximate available lessons based on 3 lessons per week over 37 week year; assuming approximately 8 lessons missed for holidays/other subject activities/PSHE/exams

Exact curriculum timings are approximate due to holidays/ other subject trips and activities/ internal examinations/FOBISIA Games

All topics across IGCSE Physical Education will have ongoing formative assessment including:

- Questioning techniques
- Peer assessments
- Presentations
- Class activities

All topics across iGCSE Physical Education will have summative assessment including:

- Assignments & Quizzes including
- End of Unit Tests
- End of Year Assessments
- Sports Performance Grades for Practical Component
- [Everlearner Learning Platform](#)
- [TBS GCSE Google Site](#)

All topics will include real-world contextualisation to ensure that the links between classroom content and practical application are encouraged and emphasised. Full exam syllabus can be found here for [25-26](#) and here for [27-28](#)

	Year 10	Year 11
<b>Topic and Content</b>	<p><b>Unit 1 Anatomy &amp; Physiology (SOW)</b>            Skeletal System            Muscular System            Cardiovascular System            Respiratory System            Energy supply and the effects of exercise on the body            Simple Biomechanics</p> <p><b>Unit 2 Health, Fitness &amp; Training (SOW)</b>            Health &amp; Wellbeing            Diet &amp; Nutrition            Component of Fitness            Testing Protocols            Principles of Training &amp; Overload            Methods of Training            Warm up &amp; Cool Down            High Altitude Training</p>	<p><b>Unit 3 Skills Acquisition &amp; Psychology (SOW)</b>            Skill &amp; Ability, Skilled Performance &amp; Skill Classification            Continua            Simple Information Processing Model &amp; Stages of Learning            Feedback &amp; Guidance            Goal Setting &amp; Motivation            Arousal &amp; Anxiety            Relaxation Techniques            Personality Types</p> <p><b>Unit 4 Social, Cultural and Ethical Influences (SOW)</b>            Leisure and Recreation &amp; Growth in Leisure Activities            The Sports Development Pyramid, Sponsorship &amp; Media            Global Events            Professional &amp; Amateur Performers            Technology            Factors affecting access and participation in physical activities            Performance enhancing drugs (PEDs), Disadvantages &amp; Blood Doping            Sportsmanship and Gamesmanship            Risk, Risk Assessments &amp; Injuries</p>
<b>Practical Coursework</b>	Through practical lessons and knowledge of students' sporting performance, teacher will determine highest performing sports for coursework submission.	Completion of coursework filming in <b>FOUR</b> sports in accordance with the <a href="#">Coursework Guidelines</a> and school internal coursework moderation deadlines.
<b>Skills assessed</b>	<b>AO1</b> Demonstrate knowledge and understanding of the theoretical principles that underpin performance in physical activity/sport.	<b>AO1</b> Demonstrate knowledge and understanding of the theoretical principles that underpin performance in physical activity/sport.

	<p><b>AO2</b> Apply knowledge and understanding of the theoretical principles to a variety of physical activities / sports, including the analysis and evaluation of performance.</p> <p><b>AO3</b> Demonstrate the ability to select and perform appropriate skills to produce effective performance in practical activities.</p>	<p><b>AO2</b> Apply knowledge and understanding of the theoretical principles to a variety of physical activities / sports, including the analysis and evaluation of performance.</p> <p><b>AO3</b> Demonstrate the ability to select and perform appropriate skills to produce effective performance in practical activities.</p>
<p><b>Method of Summative Assessment</b></p>	<ul style="list-style-type: none"> <li>● End of Chapter Tests</li> <li>● Everlearner</li> <li>● Practical Assessments on specific sports</li> <li>● End of Year 10 Examination</li> </ul>	<ul style="list-style-type: none"> <li>● End of Chapter Tests</li> <li>● Everlearner</li> <li>● Practical Assessments on specific sports &amp; Internal Departmental Moderation of grades</li> <li>● Year 11 Mock Exam</li> </ul>