



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

Skills assessed	<p>AO1 Demonstrate knowledge and understanding of the theoretical principles that underpin performance in physical activity/sport.</p> <p>AO2 Apply knowledge and understanding of the theoretical principles to a variety of physical activities / sports, including the analysis and evaluation of performance.</p> <p>AO3 Demonstrate the ability to select and perform appropriate skills to produce effective performance in practical activities.</p>	<p>AO1 Demonstrate knowledge and understanding of the theoretical principles that underpin performance in physical activity/sport.</p> <p>AO2 Apply knowledge and understanding of the theoretical principles to a variety of physical activities / sports, including the analysis and evaluation of performance.</p> <p>AO3 Demonstrate the ability to select and perform appropriate skills to produce effective performance in practical activities.</p>
Method of Summative Assessment	<ul style="list-style-type: none"> ● End of Chapter Tests ● Everlearner ● Practical Assessments on specific sports ● End of Year 10 Examination 	<ul style="list-style-type: none"> ● End of Chapter Tests ● Everlearner ● Practical Assessments on specific sports & Internal Departmental Moderation of grades ● Year 11 Mock Exam