

KS4 Curriculum Overview: Y11 GCSE 2024-25

Term / Length of Unit	Outline	Assessment	Home Learning	Resources	Knowledge/Skills End Points	Reading/Literacy	Reading strategy
Autumn 1 10 lessons	PEP Completion	Course work grade 10%	PEP completion tasks Short HL tasks Final draft corrections	PEP Booklet PP	<ul style="list-style-type: none"> • Front cover • Introduction • Sporting performance analysis/data • Aim • Pre-PEP fitness testing/data • PEP aim and SMART targets • Methods of training • Principles of training • PARQ • Training diary/record sheets • Post PEP fitness tests analysis/data • PEP Evaluation • Future recommendations • Bibliography • Appendix 	<p><u>Subject Specific words:</u> Components Fitness testing Principles of training FITT Methods of training Rest & recovery Reversibility Thresholds of training SMART targets</p> <p><u>Academic Vocab:</u> Identify, describe, explain, justify, state, analyse, evaluate, recommend.</p>	<p>Across all topic areas</p> <p>Visual images</p> <ul style="list-style-type: none"> • Handouts • Video evidence • Diagrams • Power points • Revision guides • Glossary • Common words • Model answers <p>Demonstrations</p> <ul style="list-style-type: none"> • Practical lessons • Active theory • Self and peer demonstrations • Video evidence <p>Verbal</p> <ul style="list-style-type: none"> • Teacher explanations • Peer/buddy teaching • Scaffolding with keywords • Prompts • Revise in 5 <p>Extended questioning</p> <ul style="list-style-type: none"> • Home learning • FAR • End of unit tests • Assessed tasks • Scenario questions

<p>Autumn 1</p> <p>9 lessons</p> <p>EL</p>	<p>Component 2 Health & Performance</p>	<p>Lesson Tasks</p> <p>Questioning HL</p> <p>EOU Test</p>	<p>Set HL tasks to apply knowledge and understanding</p>	<p>PPTs</p> <p>Exam</p> <p>Questions</p> <p>Mini Tests</p> <p>Worksheets</p> <p>Knowledge Organisers</p>	<ul style="list-style-type: none"> Physical health: how increasing physical ability, through improving components of fitness can improve health/reduce health risks and how these benefits are achieved. Emotional health: how participation in physical activity and sport can improve emotional/psychological health and how these benefits are achieved. Social health: how participation in physical activity and sport can improve social health and how these benefits are achieved. Impact of fitness on wellbeing: positive and negative health effects Lifestyle choices in relation to diet, activity level, work/rest/sleep balance, and recreational drugs (alcohol, nicotine) <ul style="list-style-type: none"> Positive and negative impact of lifestyle choices on health, fitness and wellbeing, e.g., the negative effects of smoking (Bronchitis, lung cancer) <ul style="list-style-type: none"> A sedentary lifestyle and its consequences: overweight, overfat, obese, increased risk to long-term health, e.g., depression, coronary heart disease, high blood pressure, diabetes, increased risk of osteoporosis, loss of muscle tone, posture, impact on components of fitness <ul style="list-style-type: none"> Data (already covered) 	<p><u>Subject Specific words:</u></p> <p>Health, social, physical and emotional, lifestyle, recreational drugs, sedentary lifestyle, balance diet, hydration, optimise, macronutrients, micronutrients.</p>	<p>Across all topic areas</p> <p>Detailed explanations</p> <ul style="list-style-type: none"> Group tasks Teacher questioning Home learning PEP coursework FAR tasks End of unit tests Assessed tasks Revision booklets <p>Live modelling</p> <ul style="list-style-type: none"> Practical theory lessons Group presentation PEP coursework <p>Self/peer assessment</p> <ul style="list-style-type: none"> Group tasks <p>Verbal questioning</p>
<p>Autumn 2</p> <p>6 lessons</p> <p>JS</p>	<p>Component 2 Health & Performance</p>	<p>Lesson Tasks</p> <p>Questioning HL</p>	<p>Revision Tasks</p> <p>EOU test/FAR</p>	<p>PPTs</p> <p>Exam</p> <p>Questions</p> <p>Mini Tests</p> <p>Worksheets</p> <p>Knowledge Organisers</p>	<p>Energy use diet, nutrition & hydration</p> <ul style="list-style-type: none"> The nutritional requirements and ratio of nutrients for a balanced diet to maintain a healthy lifestyle and optimise specific performances in physical activity and sport The role and importance of macronutrients (carbohydrates, proteins and fats) for performers/players in physical activities and sports, carbohydrate loading for endurance athletes, and timing of protein intake for power athletes The role and importance of micronutrients (vitamins and minerals), water and fibre for performers/players in physical activities and sports 		

		PPE	EOU Test 6		<ul style="list-style-type: none"> The factors affecting optimum weight: sex, height, bone structure and muscle girth The variation in optimum weight according to roles in specific physical activities and sports The correct energy balance to maintain a healthy weight Hydration for physical activity and sport: why it is important, and how correct levels can be maintained during physical activity and sport 		
Autumn 2 10 Lessons EL	Sports Psychology	Lesson Tasks Questioning HL EOU Test 7 PPE 1	Revision tasks Application of knowledge Peer/self-mark 9 marks FAR mark	PPTs Exam Questions Mini Tests Worksheets Knowledge Organisers	<p>Classification of skills</p> <ul style="list-style-type: none"> Classification of a range of sports skills using the open-closed, basic (simple)-complex, and low organisation-high organisation continua Practice structures: massed, distributed, fixed and variable. Application of knowledge of practice and skill classification to select the most relevant practice to develop a range of skills. <p>Smart targets/goal settings</p> <ul style="list-style-type: none"> The use of goal setting to improve and/or optimise performance. Principles of SMART targets (specific, measurable, achievable, realistic, time-bound) and the value of each principle in improving and/or optimising performance Setting and reviewing targets to improve and/or optimise performance. <p>Guidance & feedback</p> <ul style="list-style-type: none"> Types of guidance to optimise performance: visual, verbal, manual and mechanical. Advantages and disadvantages of each type of guidance and its appropriateness in a variety of sporting contexts when used with performers of different skill levels. Types of feedback to optimise performance: intrinsic, extrinsic, concurrent, terminal. Interpretation and analysis of graphical representation of data associated with feedback on performance. 	<p><u>Subject specific words:</u> Classification of skill, massed, distributed, fixed and variable practices, SMART, types of guidance, feedback types, mental rehearsal.</p>	

					<p>Mental preparation for performance</p> <ul style="list-style-type: none"> Mental preparation for performance: warm up, mental rehearsal <p>Revision Tasks</p>		
<p>Spring 1 12 Lessons</p> <p>JS</p>	<p>Sociocultural Influences and</p>	<p>Lesson Tasks Questioning</p> <p>EOU Test 8 PPE 2</p>	<p>Worksheets Exam Questions Revision</p>	<p>PPTs Exam Questions Worksheets Exam Papers Revision Activities</p>	<p>SOCIO-CULTURAL INFLUENCES</p> <p>Engagement</p> <ul style="list-style-type: none"> Students will develop knowledge and understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society, through the following content. Participation rates in physical activity and sports and the impact on participation rates considering the following personal factors: gender, age, socio-economic group, ethnicity, disability. <p>Commercialisation</p> <ul style="list-style-type: none"> The relationship between commercialisation, the media and physical activity and sport. <p>The advantages and disadvantages of commercialisation and the media for: the sponsor, the sport, the player/performer, the spectator</p> <p>Ethical & socio-cultural issues</p> <ul style="list-style-type: none"> The different types of sporting behaviour: sportsmanship, gamesmanship, and the reasons for, and consequences of deviance at elite level. Develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport. Demonstrate an understanding of how data is collected in fitness, physical and sport activities – using both qualitative and quantitative methods. Present data (including tables and graphs) Interpret data accurately. Analyse and evaluate statistical data from their own results and interpret against normative data in physical activity and sport. To demonstrated knowledge and understanding of Socio-cultural Influences 	<p><u>Subject specific words:</u> Socio-cultural, engagement, impact, commercialisation, media in sport, sponsor, spectator, sportsmanship, gamesmanship, deviance, qualitative, quantitative, normative,</p>	

Spring 2 & Summer 1	Revision	Revision Tasks	Revision booklets Past papers Perfect model answers Extended questioning	Revision Guide Revision Workbook Revision Booklets comp 1 & 2 Knowledge Organisers Topic on a page Past Exam papers and questions GCSE Bitesize Teachpe.com	<ul style="list-style-type: none"> • To reinforce knowledge and understanding of the content covered in component 1 & 2 • Revisit year 10 content • Develop exam technique and application of knowledge. • Understand A01, A02 & A03 structured answers. • Focus on applying knowledge, exam technique to multiple choice, short and long 9-mark questions. 	Academic Vocab: Identify, describe, explain, justify, state, analyse, evaluate, recommend, sporting examples, A01, A02, A03, select, compare, advantages, disadvantages, which, predict, label, examine, discuss, calculate, classify, assess.	
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