KS4 Curriculum Overview: Y11 GCSE 2025-26							
Term / Length of Unit	**Outline**	**Assessment**	**Home Learning**	**Resources**	**Knowledge/Skills End Points**	**Reading/Literacy**	**Reading strategy**
Autumn 1 Ratio of lessons 5:1 5 Theory 1 PEP	PEP Completion	Course work grade 10%	PEP completion tasks Short HL tasks Final draft/corrections	PEP Booklet PP	• Post PEP fitness tests analysis/data • PEP Evaluation • Future recommendations • Bibliography • Appendix	<u>Subject Specific words:</u> Components Fitness testing Principles of training FITT Methods of training Rest & recovery Reversibility Thresholds of training SMART targets <u>Academic Vocab:</u> Identify, describe, explain, justify, state, analyse, evaluate, recommend.	Across all topic areas Visual images • Handouts • Video evidence • Diagrams • Power points • Revision guides • Glossary • Common words • Model answers Demonstrations • Practical lessons • Active theory • Self and peer demonstrations • Video evidence Verbal • Teacher explanations • Peer/buddy teaching • Scaffolding with keywords • Prompts • Revise in 5 Extended questioning • Home learning • FAR • End of unit tests • Assessed tasks • Scenario questions

Autumn 1 10 lessons Approx 6 weeks MR	Component 2 Health & Performance Component 2 Health & Performance	Lesson Tasks Questioning HL EOU Test Lesson Tasks Questioning HL EOU Test 6	Set HL tasks to apply knowledge and understanding Revision Tasks EOU test/FAR	PPTs Exam Questions Mini Tests Worksheets Knowledge Organisers PPTs Exam Questions Mini Tests Worksheets Knowledge Organisers	• 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) • Positive and negative impact of lifestyle choices on health, fitness and wellbeing, e.g., the negative effects of smoking (Bronchitis, lung cancer) • 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 • *Data on-going linked to all topic areas* Energy use diet, nutrition & hydration • 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	<u>Subject Specific words:</u> Health, social, physical and emotional, lifestyle, recreational drugs, sedentary lifestyle, balance diet, hydration, optimise, macronutrients, micronutrients.	Across all topic areas Detailed explanations • Group tasks • Teacher questioning • Home learning • PEP coursework • FAR tasks • End of unit tests • Assessed tasks • Revision booklets Live modelling • Practical theory lessons • Group presentation • PEP coursework Self/peer assessment • Group tasks Verbal questioning

					• 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 1/2 10 lessons Approx 5 weeks TU	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	Classification of skills • 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. Smart targets/goal settings • The use of goal setting to improve and/or optimise performance. • Principles of SMART targets (specific, measureable, 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. Guidance & feedback • 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.	See above <u>Subject specific words:</u> Classification of skill, massed, distributed, fixed and variable practices, SMART, types of guidance, feedback types, mental rehearsal.	See above

					Mental preparation for performance • Mental preparation for performance: warm up, mental rehearsal Revision Tasks		
Autumn 2/Spring 1 Approx 4 weeks 12 lessons TT	Sociocultural Influences and	Lesson Tasks Questioning EOU Test 8 PPE 1	Worksheets Exam Questions Revision	PPTs Exam Questions Worksheets Exam Papers Revision Activities	SOCIO-CULTURAL INFLUENCES Engagement • 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. Commercialisation • The relationship between commercialisation, the media and physical activity and sport. The advantages and disadvantages of commercialisation and the media for: the sponsor, the sport, the player/performer, the spectator Ethical & socio-cultural issues • 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	Subject specific words: Socio-cultural, engagement, impact, commercialisation, media in sport, sponsor, spectator, sportsmanship, gamesmanship, deviance, qualitative, quantitative, normative,	

Spring 2 & Summer 1 Approx 20 lessons MR/TT/TU	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	• 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.	