

## Curriculum Summary

**Subject:** GCSE Physical Education

Year 7	Year 8	Year 9	Year 10	Year 11
		<p><b>Structure and function of the skeletal system</b> - Students will be able to name and locate the major bones of the body and identify the major joints. Knowledge of the types of movement at joints will also be developed.</p>	<p><b>Socio-cultural influences</b> - Students will develop their knowledge and understanding of the factors that continue to impact on physical activities and sports in the UK today.</p>	<p><b>Health, fitness and wellbeing</b> - Students will develop their knowledge and understanding of the benefits of participating in physical activities in terms of health and well-being. Students will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle.</p>
		<p><b>Structure and function of the muscular system</b> - Students will develop their knowledge of the location of the major muscle groups and develop their knowledge of the roles of muscles as agonists, antagonists and fixators.</p>	<p><b>Engagement patterns</b> - Students will develop their knowledge and understanding of current participation trends. The factors affecting participation for a range of different groups in society will be understood, along with strategies to promote participation.</p>	<p><b>Diet and nutrition</b> - Students will develop their knowledge and understanding of diet and nutrition. Students will understand the main components of a balanced diet, including the effects of these components and hydration on performers.</p>
		<p><b>Movement analysis</b> - Student will develop their knowledge of the three classes of lever and three planes of movement. They will be able to use examples from physical activities and sport to show where these levers and planes might operate to produce movement.</p>	<p><b>Commercialisation in sport</b> - Students will develop their knowledge and understanding of the commercialisation of physical activity and sport including sponsorship, along with the influences of the media on performance and participation.</p>	<p><b>Analysis and Evaluation of performance</b> – Students are required to demonstrate their ability to analyse and evaluate their own performance in order to:</p> <ul style="list-style-type: none"> <li>• analyse aspects of personal performance in a practical activity</li> <li>• evaluate the strengths and weaknesses of the performance</li> <li>• produce an action plan which aims to improve the quality and effectiveness of the performance.</li> </ul>
		<p><b>Cardiovascular and respiratory system</b> - Students will develop their knowledge and understanding of the structure and function of the cardiovascular system. They will understand the pathway of air through the respiratory system and know the role of the respiratory muscles and alveoli during breathing.</p>	<p><b>Ethical and socio-cultural issues</b> - Students will develop their knowledge and understanding of ethics in sport including the key terms of 'sportsmanship', 'gamesmanship' and 'deviance'. The effects of drugs in sport and the reasons why sports performers use drugs will be understood along with reasons for player violence.</p>	
		<p><b>Effects of exercise on body system</b> - Students will develop their knowledge and understanding of the short and long-term effects of exercise on muscles and bones, the heart and the respiratory system.</p>	<p><b>Sports psychology</b> - Students will develop their knowledge and understanding of the psychological factors that can affect performers. Examples include mental preparation, goal setting and feedback.</p>	
		<p><b>Physical training</b> - Students will develop their knowledge and understanding of the components of fitness required for physical activities. Students will also learn about the training principles and prevention of injury.</p>		