

KS4 Physical Education GCSE PE Roadmap



Develop fundamental sporting skills and techniques across a range of sports, learn the rules of different sports, take part in competitions, develop an understanding of Health Related Fitness and how to improve sporting performance.

Year

10

Refine and perfect how to warm up effectively

Adopt a more analytical approach to performance

Move from general participation in PE to academic/performance focused approach

Transition to KS4 Academic PE

Course of Study

> Physical Training Unit

Training Methods/Components of
Fitness/Principles of
Training/Warm Ups and Cool
Downs/Injury Prevention unit

Anatomy & Physiology, Use of Data in PE and Sport unit

Movement Analysis unit

> Start Written NEA Coursework

Socio-cultural influences in sport unit

Sports
Psychology
unit

Continue coursework over summer holiday, finish in Term 1

Year 11

End of Year Mock Examination

Health, Fitness and Wellbeing unit

External
Practical
Moderation of
chosen sports

Final GCSE Examination 16-18 Further Education