Key Stage 4 GCSE PE LTP

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| **Curriculum Intent** |
| **What are the objectives for your curriculum?** *AO1 Demonstrate knowledge and understanding of factors that underpin performance and involvement in physical activity and sport (25%)**AO2 Apply knowledge and understanding of factors that underpin performance and involvement in physical activity and sport (20%)**AO3 Analyse and evaluate factors that underpin performance and involvement in physical activity and sport (15%)**AO4 Demonstrate and apply relevant skills and techniques in physical activity and sport (30%)**Analyse and evaluate performance (10%)***How does your curriculum plan set out the sequence and structure of how it's going to be implemented?**Both theory and practical are taught simultaneously to ensure the course is efficiently covered within the 3 years. The pupils a taught the simpler theory first before moving onto the more scientific topics in year 10.**How does your curriculum reflect the school’s context and Catholic Ethos?**Pupils are taught respect and resilience thoroughly within practical lessons, which reflect the schools tree of values.Reward achievement based on the theme of the week.Pupils are taught sportsmanship throughout their practical and theory lessons which reflect the schools tree of values.**To what extent have you made these objectives clear?** Pupils have an introductory lesson at the start of each year to outline the course. This information is also shared via books, SMHW and the school website.**How does your curriculum reflect national policy (for example, British values and PSHE)?**We follow the National Curriculum which ensures pupils: * Develop competence to excel in a broad range of physical activities
* Are physically active for sustained periods of time
* Engage in competitive sports and activities
* Lead healthy, active lives

Within our lessons we follow British values in particular we promote Olympic and Paralympic values of friendship, courage, inspiration, determination, equality, respect and excellence. **How does it cater for disadvantaged and minority groups?** * Early intervention
* Pupil Premium funding
* SEN access to alternative sports e.g Bocchia
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| **Prior Learning Summary** |
| All practical sports covered in KS3.Sports science unit in KS3 shares with units A & C |

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| **Curriculum Structure – Year 9** |
| A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | B | B | B | B | B | B | B | B | B | B | B | B | B | B | R | R | R | G | G | G |
| P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |

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| **Curriculum Structure – Year 10** |
| C | C | C | C | C | C | C | C | C | C | C | C | C | C | C | C | C | C | C | C | C | C | C | C | C | C | C | C | C | C | C | C | R | R | R | R | R | R | R |
| P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |

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| **Curriculum Structure – Year 11** |
| E | E | E | E | E | E | E | E | F | F | F | F | F | F | F | G | G | G | G | G | G | G | G | G | R |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Unit A – P1 = Physical Training** |
| **Overview** | Components of fitness and types of training |
| **Aims** | To develop knowledge and understanding of personal fitness and methods of training |

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| **Unit B – P2 = Sports Psychology** |
| **Overview** | Arousal, aggression, motivation, guidance, feedback, skills and SMART targets |
| **Aims** | To develop knowledge and understanding on factors affecting coaching and performance outcomes |

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| **Unit C – P1 = Applied Anatomy and Physiology - Movement Analysis** |
| **Overview** | Skeleton, muscles, respiratory system, cardiovascular system, Planes, axis and levers |
| **Aims** | To develop knowledge and understanding of our cardiorespiratory system and how our body functions during sport |

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| **Unit E – P2 = Socio-cultural Issues** |
| **Overview** | Participation, commercialisation, media, technology, conduct, PED’s |
| **Aims** | To develop knowledge and understanding on how technology, media, commercialisation and drugs have effected participation, performance and sport. |

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| **Unit F – P2 = Health, Fitness and Wellbeing** |
| **Overview** | Somatotypes, obesity, sedentary lifestyle, nutrition |
| **Aims** | To develop knowledge and understanding of how to live a healthy, balanced lifestyle |

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| **Unit G – NEA = Coursework** |
| **Overview** | Analysis and Evaluation |
| **Aims** | To be able to analyse personal strength and weaknesses of pupils chosen sport |

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| **Unit R – Revision** |
| **Overview** | Recap topics and areas of weakness, exam question preparation |
| **Aims** | Revise topics covered to date to prepare for mock exam / end of year test |

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| **Unit P – Practical** |
| **Overview** | Complete all sports this school is able to offer practically and grade pupils according to specification.  |
| **Aims** | 3 sports for each pupils. Collect footage of pupils in sports within and outside school. |