

Subject:

# Physical Education

Physical Education Intent:

The Physical Education department aims to provide our students with the skills and knowledge required to excel in an ever-changing sports society. We aim to ensure that our students gain dynamic theoretical and practical skills for further education or to go out into the dynamic sporting industries with the attributes necessary to be successful employees and leaders. Students will study areas of applied anatomy and physiology, movement analysis, physical training, use of data, sports psychology, social-cultural influences, and health fitness and well-being.

Our Exam Board is: AQA

## The Big Questions...

Year 10	Year 11
<p><b>Applied anatomy and physiology</b> Identify and explain the structure and functions of the musculoskeletal system? Discuss how these systems can affect your performance in physical sport? Discuss and evaluate how the structure and functions of the cardio-respiratory system work together? Explain and discuss the mechanics of Gaseous exchange, the pathway of air, and the cardiac cycle? State and apply the terms anaerobic and aerobic? Explain the effects of exercise and the recovery process your body goes through?</p> <p><b>Movement analysis</b> Identify how our bodies create movement? Name and label the planes and axes of movement? Describe how these movements can occur? Draw, label and apply the three types of lever systems, discuss the mechanical advantages for each? Analyse different sporting movements?</p> <p><b>Physical training</b> Explain the relationship between health and fitness and the role that exercise plays in both? Name the components of fitness, and their benefits for sport? How is fitness measured and improved? Explain the principles of training and their application to personal exercise/training programmes? What are the different training methods, how to use them to optimise training and prevent injury? Name and evaluate how sports performers use different training seasons? Explain the use of warm up and cool downs?</p> <p><b>Use of data</b> Present data including tables and graphs and analyse data.</p>	<p><b>Sports psychology</b> State and apply skill classifications? Describe the use of goal setting and SMART targets to optimise performance? Explain the basic information processing model? Identify the different types of guidance and feedback a performer may use? Evaluate and discuss the psychological factors that affect performance and how mental preparation for can help.</p> <p><b>Social-cultural influences</b> Identify engagement patterns of different social groups in physical activity and sport. Identify and discuss factors that affect participation? Analyse the relationship between sport, sponsorship and media? Discuss and analyse the impact of technology on sport? Identify which type of performer may use different types of performance enhancing drugs (PEDs)? Explain why hooliganism occurs, and the strategies employed to combat it?</p> <p><b>Health, fitness and wellbeing</b> Explain the benefits of participating in physical activity and sport; health, fitness and wellbeing? Analyse participation in physical activity and sport. How can exercise suit the varying needs of people? Identify and explain the effects of a sedentary lifestyle? What are somatotypes? Name the nutrients in a balanced diet, justify why they are as important as each other?</p> <p><b>Non-exam assessment (NEA): Practical performance in physical activity and sport</b> Analyse and evaluate your performance in a chosen sport; identify your strengths and weaknesses?</p>

### What skills will I develop?

- You will be able to perform a range of skills and techniques in physical activity and sport
- Make decisions, implement strategies, tactics and/or compositional ideas, and apply knowledge and understanding of rules and regulations while performing physical activity and sport
- Evaluate performance in physical activity and sport, applying relevant knowledge and understanding.

### What great resources can I use?

<https://www.aqa.org.uk/find-past-papers-and-mark-schemes> for past paper questions

<https://www.youtube.com/watch?v=3qnY20ezaaQ> The Ever Learner

[www.ThePETutor.com](http://www.ThePETutor.com) – available on You tube

Kerboodle

### How will I be assessed?

At Key stage 4 work is assessed through end of topic assessments. Teacher feedback is given both verbally and written with reference to Assessment Objectives. Students will complete practical assessment to gain 30% of overall grade; 3 sports are needed and they have to be a mixture of both team and individual sports. Yr10 will complete a mock exam during their exam week. Yr11 will complete their coursework in the spring term worth 10% of overall grade. Yr11 will complete two exams on the completion of course in the summer term .

### Three ways that parents/carers can help...

1. Encourage your child to read different sport magazines and broaden their knowledge of different sports by watching different events.
2. By testing your son/daughter with their flashcards
3. By contacting the Physical Education department whenever you need additional support or have questions about the course [pe@yateley.hants.sch.uk](mailto:pe@yateley.hants.sch.uk).

