

PE – Key Stage 4 (Years 10 and 11)

Fitness and Body Systems:	Applied Anatomy and physiology:		Movement analysis:	Physical training:			Use of data:
	1.1 The structure and functions of the musculoskeletal system	1.2 The structure and functions of the cardio-respiratory system	2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement	3.1 The relationship between health and fitness and the role that exercise plays in both	3.2 The components of fitness, benefits for sport and how fitness is measured and improved	3.3 The principles of training and their application to personal exercise/ training programmes	4.1 Use of data
	1.3 Anaerobic and aerobic exercise	1.4 The short- and long- term effects of exercise	2.2 Planes and axes of movement	3.4 The long-term effects of exercise	3.5 How to optimise training and prevent injury	3.6 Effective use of warm up and cool down	Personal exercise programme: Internally marked and externally moderated (10% of the qualification) 20 marks
Health and performance:	Health, fitness & wellbeing :		Sports psychology:		Socio-cultural issue:		Use of data:
	1.1 Physical, emotional and social health, fitness and well-being	1.3 Energy use, diet, nutrition and hydration	2.2 The use of goal setting and SMART targets to improve and/or optimise performance	2.1 Classification of skills (basic/ complex, open/closed)	3.1 Engagement patterns of different social groups in physical activity and sport	3.2 Commercialisation of physical activity and sport	4.1 Use of data
	1.2 The consequences of a sedentary lifestyle		2.3 Guidance and feedback on performance	2.4 Mental preparation for performance	3.3 Ethical and socio-cultural issues in physical activity and sport	Practical performance: Internally marked and externally moderated (30% of the qualification) 105 marks (35 marks per activity)	