



# Queen Elizabeth's Girls' School

*Educating Women of the Future*

**PE (GCSE) Key Stage 4 Curriculum  
AQA -**  
<https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/specialisation-at-a-glance>

	Topic/Big Question	Focus	Enrichment	
<b>Year 10</b>	How does our body work in order to enable us to take part in physical activity?	Structure and function of the musculoskeletal system.	Extend knowledge further: <ul style="list-style-type: none"> <li>● BBC bite size</li> <li>● BBC sports academy</li> <li>● <a href="http://www.teamgb.co">www.teamgb.co</a></li> <li>● <a href="http://www.olympic.org">www.olympic.org</a></li> <li>● <a href="http://www.bbc.co.uk/sport">www.bbc.co.uk/sport</a></li> <li>● <a href="http://www.gosh.nhs.uk/teenagers/staying-healthy/healthy-eating">www.gosh.nhs.uk/teenagers/staying-healthy/healthy-eating</a></li> <li>● <a href="http://www.bbc.co.uk/sport/get-inspired">www.bbc.co.uk/sport/get-inspired</a></li> <li>● Seneca</li> <li>● Everlearner</li> </ul>	
		Structure and function of the cardio-respiratory system.		
	How does our body adapt when we begin to exercise?	Movement analysis.		
		Aerobic and anaerobic exercise.		
		Short and long term effects of exercise.		
	How can we use training principles in order to allow our body to adapt and therefore respond better to exercise?	The relationship between health and fitness		
		Components of fitness.		
		How fitness is measured and improved		
		Principles of training and their application to personal exercise/training programmes		
		Warm up and cool down.		
		How to optimise training and prevent injury		
	How to analyse data in relation to key areas of physical activity and sport	Use of data - an understanding of how data are collected		● BBC bite size
		Present data (tables and graphs)		
		Analyse and evaluate data		
Can we explore and apply a range of core and advanced skills as well as strategies and	Netball	Extra curricular clubs		
	Badminton			

	tactical play in order to successfully outwit opponents/ get best possible outcomes under competitive pressure?	Athletics	
		Trampolining/ Swimming (extra curricular)	

	Topic/Big Question	Focus	Enrichment
Year 11	How does socioeconomic status, age, gender, disability etc affect our ability to access sport ?	Engagement patterns of different social groups in physical activity and sport	Extend knowledge further: <ul style="list-style-type: none"> <li>● BBC bite size</li> <li>● BBC sports academy</li> <li>● <a href="http://www.teamgb.co">www.teamgb.co</a></li> <li>● <a href="http://www.olympic.org">www.olympic.org</a></li> <li>● <a href="http://www.bbc.co.uk/sport">www.bbc.co.uk/sport</a></li> <li>● <a href="http://www.gosh.nhs.uk/teenagers/staying-healthy/healthy-eating">www.gosh.nhs.uk/teenagers/staying-healthy/healthy-eating</a></li> <li>● <a href="http://www.bbc.co.uk/sport/get-inspired">www.bbc.co.uk/sport/get-inspired</a></li> </ul>
	How does sports, sponsorship and media interleave with each other? What are the positive and negative impacts of technology on sport?	Commercialisation of sport and technology in sport	
	Should drug cheats be banned in sport? How do PEDS impact sport? Does the conduct of performers impact sport?	Ethical and social cultural issues in physical activity and sport	
	How do we learn skills? How can we use guidance and feedback to improve our performance? How do we mentally prepare for sport? How do we process information? How does goal setting impact performance?	Sports Psychology	
	How can diet positively and negatively impact on performance? How does exercise improve your wellbeing?	Health, Fitness and Wellbeing	

	What are somatotypes?		
	Can we apply our theoretical knowledge in order to analyse and improve a performance in a chosen sport	NEA coursework to be completed as homework. To analyse your own performance, giving 2 strengths and 2 weaknesses. Then creating an action plan to improve the weaknesses.	Lunchtime/ after school sessions with PE teacher
	Can we apply a range of core and advanced skills as well as strategies and tactical play in order to successfully outwit opponents/ get best possible outcomes under competitive pressure?	Revisit Badminton, Athletics and Netball	Extra curricular