

KS4 – Year 10 – PE GCSE

Term	Topic Titles	Brief Overview
1	Body systems - Muscular, Skeletal, Respiratory and Cardiovascular	Students will develop their theoretical knowledge and understanding of applied anatomy and physiology. In this topic students will develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport.
2	Biomechanics, Performance Enhancing Drugs and Methods of Trainings	In this topic students will develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity and sport. They will also learn about the impact of performance enhancing drugs, the risks associated with them and different training methods used to improve a player's performance.
3	Controlled Assessment PEP - Personal Exercise Programme	Students will develop knowledge and understanding of the principles of training, relevant methods of training and use of data in order to analyse and evaluate their PEP. The PEP will cover a six- to eight-week period, and can relate to any physical activity of their choice