



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/specification-at-a-glance>

AQA GCSE PE Paper 1 and Paper 2 are delivered to pupils in Y10 and Y11 with dedicated lessons timetabled for each paper as well as specialised GCSE practical lessons

	Topic/Big Question	Focus- Paper 1	Enrichment
Year 10/11	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: • BBC bite size • BBC sports academy • www.teamgb.co • www.olympic.org • www.bbc.co.uk/sport • www.gosh.nhs.uk/teenagers/staying-healthy/healthy-eating • www.bbc.co.uk/sport/get-inspired • Seneca • Everlearner
		Structure and function of the cardio-respiratory system.	
		Movement analysis.	
	How does our body adapt when we begin to exercise?	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 tactical	Netball	Extra curricular clubs
		Badminton	

	play in order to successfully outwit opponents/ get best possible outcomes under competitive pressure?	Athletics Trampolining/ Swimming (extra curricular)	Lunchtime/ after school sessions with PE teacher
	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.	

	Topic/Big Question	Focus - Paper 2	Enrichment
Year 10/11	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: ● BBC bite size ● BBC sports academy ● www.teamgb.co ● www.olympic.org ● www.bbc.co.uk/sport ● www.gosh.nhs.uk/teenagers/staying-healthy/healthy-eating ● www.bbc.co.uk/sport/get-inspired
	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	Sports Psychology	

	sport? How do we process information? How does goal setting impact performance?		
	How can diet positively and negatively impact on performance? How does exercise improve your wellbeing? What are somatotypes?	Health, Fitness and Wellbeing	
	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