



Network School KS4 Long Term Curriculum Plan

Subject: IGCSE PE Year 10/11				
Year Group	Term 1 (Aug - Oct)	Term 2 (Oct - Dec)	Term 3 (Jan - Mar)	Term 4 (Apr - Jun)
10	<p>Health, fitness & training</p> <p>6.1 Health & well-being 6.2 Fitness 6.3 Diet & energy sources 7.3 Warming up and cooling down</p> <p>Anatomy and physiology</p> <p>1.1 The skeleton and its function 1.2 Joint types, structure and formation 1.3 Movement at joints 1.4 Muscles</p> <p>Coursework</p> <p>Handball</p> <ul style="list-style-type: none"> - Passing & receiving the ball - Dribbling and moving with the ball - Jump shot technique - Attacking/Defensive techniques and strategies 	<p>Anatomy and Physiology</p> <p>1.5 Antagonistic muscle action 1.6 Muscle fibre types 5.1 Principles of force 5.2 Application of force 5.3 Levers 2.1 Pathway of air and gaseous exchange 2.2 Mechanics of breathing 2.3 Breathing volumes and minute ventilation</p> <p>Coursework</p> <p>Basketball</p> <ul style="list-style-type: none"> - Passing & receiving the ball - Dribbling and moving on and off the ball - Jump/set shot - Lay ups - Attacking/Defensive techniques and strategies 	<p>Anatomy and Physiology</p> <p>3.1 Components of blood 3.2 Heart structure and function 3.3 Cardiac output 4.1 Aerobic and anaerobic respiration 4.2 Recovery 4.3 Short-term effects of exercise 4.4 Long-term effects of exercise</p> <p>Social, cultural and ethical influences</p> <p>10.1 Leisure and recreation and the growth of the leisure industry 10.2 The sports development pyramid 10.3 Access and participation in sport 10.4 Sponsorship 10.5 Media</p> <p>Coursework</p> <p>Athletic activities</p> <ul style="list-style-type: none"> - Track & field development to perform in a competitive environment 	<p>Skill Acquisition and psychology</p> <p>8.1 Skill and ability 8.2 Skilled performance 8.3 Skill classification 8.4 Simple information-processing model 8.5 The stages of learning 8.6 Feedback 8.7 Guidance</p> <p>Coursework</p> <p>Badminton</p> <ul style="list-style-type: none"> - Recap forehand/backhand serve and returning serve - Overhead clear and smash - Drop shot and net play - Tactics and strategies to outwit opponent - Agility footwork <p>Table Tennis</p> <ul style="list-style-type: none"> - Forehand/backhand serve and returning serve - Forehand/backhand drive - Forehand/backhand push - Forehand smash



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			<ul style="list-style-type: none">- Running: 100/200m sprint, 400m, 800m- Throwing: Shotput, Javelin, discus- Jumping: Triple, Long & high jump <p>Competitive swimming</p> <ul style="list-style-type: none">- Recap and revision of 2 best swimming strokes: FC, BC, BS or fly- Introduction of turns- Dive entrances <p>Personal survival</p> <ul style="list-style-type: none">- Pre-entry, entry and survival swimming- Survival floating techniques- Removal of clothes in the water, creating floating device and signaling for help	<ul style="list-style-type: none">- Agility movements
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11	<p>Health, fitness and well-being</p> <p>6.4 Components of fitness 6.5 Fitness testing 6.6 VO2 max 7.1 Principles of training and overload 7.2 Methods of training</p> <p>Coursework</p> <p>Weight training to improve performance</p> <ul style="list-style-type: none"> - Weight training principles and safety in the gym - Free weights and weight machines - Plan, participate and evaluate their own weight training to improve performance in a chosen sport 	<p>Social, cultural and ethical influences</p> <p>10.6 Global events 10.7 Profession and amateur performers 10.8 Technology in sport 11.1 Performance-enhancing drugs 11.2 Blood doping 11.3 Risk and risk assessment 11.4 Injuries</p> <p>Coursework</p> <p>Football</p> <ul style="list-style-type: none"> - Passing and receiving the ball - Dribbling and turning - Shooting - Heading - Attacking/Defending tactics and strategies 	<p>Skill acquisition and psychology</p> <p>9.2 Motivation and mental preparedness 9.3 Arousal 9.4 Anxiety 9.5 Relaxation techniques 9.6 Personality type</p> <p>Coursework completion</p> <p>Filmed evidence of coursework.</p>	<p>Review and revision</p>