

# Craig Ormerod Associates Ltd.

## Subject Overview: P.E. (KS4)

### **Core curriculum:**

Throughout KS4, pupils follow a healthy lifestyles curriculum and are allowed to choose four activities per half-term from an extensive range of games including trampolining, table tennis, yoga, step aerobics, 5-a-side football and handball.

This qualification is linear, meaning that pupils will sit all their exams and submit all their non-exam assessments at the end of the course.

### **Subject content:**

#### *Applied anatomy and physiology:*

- Bones
- Structure of the skeleton
- Functions of the skeleton
- Muscles of the body
- Structure of a synovial joint
- Types of freely movable joints
- Different joint designs and functions
- The role of the muscles as antagonists to skeletal joints

#### *Movement analysis:*

- First, second and third class lever systems
- Mechanical advantage
- Analysis of basic movements in sporting examples

#### *Physical training:*

- Health and fitness
- The relationship between health and fitness

#### *Use of data:*

- Quantitative data
- Methods of quantitative data collection
- Qualitative data
- Methods of qualitative data collection

#### *Sports psychology:*

- Skill and ability
- Classification of skill
- Definitions of goal types

*Socio-cultural influences:*

- Engagement patterns of different social groups and the factors affecting participation

*Health, fitness and wellbeing:*

- Linking participation in physical activity, exercise and sport to health, wellbeing and fitness
- How exercise can be tailored to suit the varying needs of different people

**Assessments:**

*Paper 1: The human body and movement in physical activity and sport*

- Written exam; 1 hour and 15 minutes
- 78 marks
- 30% of total mark
- A combination of multiple choice, objective, extended and short answer questions
- **All** questions to be answered

*Paper 2: Socio-cultural influences and well-being in physical activity and sport*

- Written exam; 1 hour and 15 minutes
- 78 marks
- 30% of total mark
- A combination of multiple choice, objective, extended and short answer questions
- **All** questions to be answered

*Non-exam assessment: Practical performance in physical activity and sport*

- Analysis and evaluation of performance to bring about improvement in one activity
- Practical performance in three different physical activities as player/performer; one in a team activity, one in an individual activity and one more in either, as chosen by pupils.
- Students are assessed for skills in progressive drills (10 marks per activity) and within the wider context of the game (15 marks per activity).