

KS4 Physical Education Curriculum Plan 2014-15

10 hours a fortnight

WJEC <http://www.wjec.co.uk>

Full details of the units:

Topic	Content summary
Health and Physical Fitness	Definitions of key principles relating to health and fitness and the names and methods of relevant tests.
Components of health related fitness	Knowledge of how to assess and monitor exercise. Calories used and increases in heart rates.
Components of skill related fitness	Knowledge of how to assess and monitor skill related indicators to exercise. Calories used and increases in heart rates.
Evaluation of Health and Fitness	To be able to evaluate own fitness and health and plan accordingly to make improvements.
Health and Fitness Exercise Programmes	To plan implement and evaluate a training programme.
Methods of Training	Understanding of the popular forms of training and exercise.
Application of Training	
Physical Influences on Health, Lifestyle and Performance	School , family, social issues, peers, gender, race, financial constraints
Psychological Influences on Health, Lifestyle and Performance	How it operates as a means of achieving sustained involvement in physical activity.
Technical and Tactical Influences on Health, Lifestyles and Performance	Links with Aerobic/anaerobic activities – demands of the activity - Implications for coaches/teachers as well as participants - Links with aerobic/anaerobic training methods - Training zones / thresholds/MHR/VO2 Max/lactate production - O2debt/ occurrence/ recovery rates.
Practical	Focus on a variety of practical activities where students will attempt to improve and refine skills to achieve key indicators from the performance mark schemes.