

## GCSE PE Key Stage 4 Overview

	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
<b>Year 9</b>	<p><b>University Challenge:</b></p> <p><b>Context:</b> Applied Anatomy and Physiology</p> <p><b>Skills:</b></p> <p>Applying their understanding of the structure and functions of the skeleton</p> <p>Applying their understanding of the structure and functions of synovial joints</p> <p>Applying their understanding of cardiac output, stroke, volume and rate</p> <p>Applying their understanding of the structure of the heart</p>	<p><b>University Challenge:</b></p> <p><b>Context:</b> Applied Anatomy and Physiology</p> <p><b>Skills:</b></p> <p>Applying their understanding of aerobic and anaerobic exercise during differing intensities</p> <p>Applying their understanding of the immediate effects of exercise</p> <p>Understanding methods to help recover from strenuous exercise</p>	<p><b>University Challenge:</b></p> <p><b>Context:</b> Health and Fitness</p> <p><b>Skills:</b></p> <p>Linking participation in physical activity, exercise and sport to fitness, health and well-being</p> <p>Analysing how exercise can suit the varying needs of different people</p> <p>The consequences of a sedentary lifestyle</p>	<p><b>University Challenge:</b></p> <p><b>Context:</b> Sports Psychology</p> <p><b>Skills:</b></p> <p>Analysing what is skill and what is ability</p> <p>Classification of skills</p> <p>Evaluating the use of setting performance and outcome goals in sporting examples</p> <p>The use of SMART targets to improve and/or optimise performance</p>	<p><b>University Challenge:</b></p> <p><b>Context:</b> Socio-Cultural influences</p> <p><b>Skills:</b></p> <p>Understanding the engagement patterns of different social groups</p> <p>Understanding the factors affecting participation</p> <p>Analysing issues surrounding disabled and women's sport</p>	<p><b>University Challenge:</b></p> <p><b>Context:</b> Commercialisation and Ethical issues</p> <p><b>Skills:</b></p> <p>Understanding the idea of commercialisation</p> <p>Linking the relationship between sport, sponsorship and the media</p> <p>Analysing the positive and negative impacts of sponsorship and the media</p> <p>Explaining the positive and negative impacts of technology</p>