The Polygon School 2025-2026-PHYSICAL EDUCATION: LONG OVERVIEW WHOLE SCHOOL KS4

-The KS4 PE curriculum is currently taught so students gain knowledge and experience in a broad range of activities throughout the key stage.

-Theory based lessons are currently twice per week for 40 minutes duration. Pupils will explore and apply Anatomy and Physiology topics, how parts of the human body function during physical activity and physiological adaptations. They will also develop understanding of the Principles of Training, why we train in different ways and how training plans can be made to optimise results.

- Pupils can participate in a further two practical based lessons per week. Additional opportunities for paratactical participation include breaktime, lunchtime and afterschool clubs and inter school fixtures

	Autumn 1 September-October	Autumn 2 November - December	Spring 1 January- Febuary	Spring 2 March-April	Summer 1 April-May	Summer 2 June-July
Year 10	**NCFE VCERT Technical Award in Health and Fitness** ***LO1 Understand the structure and function of body systems and how they apply to health and fitness*** *1.1 Skeletal System* 1.1.1 Structure of the skeleton Learners will know and understand that the skeleton is divided into two sections and should be able to locate bones 1.1.2 Functions of the skeletal system 1.1.3 Types of bones 1.1.4 Types of joints 1.1.5 Joint actions including movement terminology	***LO1 :*** *1.2 Muscular System* 1.2.1 Types of muscle: Cardiac, Smooth and Skeletal 1.2.2 Structure of the muscular system 1.2.3 Muscle movement and contraction- differences between isometric and isotonic contractions 1.2.4 Muscle fibre types *1.3 Respiratory System* 1.3.1 Structure of the respiratory system 1.3.2 Functions of the respiratory system including gaseous	***LO1 :*** 1.4 Cardiovascular System 1.4.1 Structure and function of the blood vessels- Arteries, Veins and Capillaries Including Vascular shunting 1.4.2 Structure of the heart 1.4.3 The cardiac cycle- passage of blood 1.4.4 Cardiovascular measurements MHR/SV/CO/HR Heart rate practical 1.4.5 Blood pressure	***LO2 Understand the effects of health and fitness activities on the body*** 2.1 Effects of Health and Fitness Activities on the Body 2.1.1 Short-term effects of exercise (practical approaches where applicable) 2.1.2 Long-term effects of health and fitness activities including somatotypes **LO3 Understand health and fitness and the components of fitness**	3.2 Components of Fitness 3.2.1 Health-related fitness Cardiovascular endurance • Muscular strength – static, dynamic and explosive • Muscular endurance • Body composition • Flexibility. 3.2.2 Skill-related fitness Agility • Speed • Coordination • Power • Balance • Reaction time learners are given the opportunity to gain knowledge and understanding about the	**LO4 Understand the principles of training** **4.1 Principles of Training** **4.1.1 The principles of training** Learners will know and understand the five principles of training (SPORT) and how they can be applied to health and fitness activities. This includes: • Specificity • Progression • Overload • Reversibility • Tedium **4.1.2 Principles of FITT** How can these be adapted to

	1.1.6 Structure of a synovial joint (knee) 1.1.7 Structure of the spine and posture including spinal abnormalities	exchange and structure of the alveoli. 1.3.3 Lung volumes and spirometer trace (Practical lesson- effects of exercise)	1.5 Energy Systems Aerobic and Anaerobic	**3.1 Health and Fitness** 3.1.1 Explore relationships between Health and fitness	terms health and fitness, the relationship between them and the components of fitness, through a combination of class-based and practical learning	optimise performance?
Year 11	Exam Preparation Past exam papers, short medium and long exam question practice- exam techniques. *Due to the Key stage four cohort being mixed age groups, it may be necessary to divide the class so each group can study year 1 and 2 content separately.*	**Exam Attempt 1 in November** **Unit 02 Preparing and planning for health and fitness** 1.1 Lifestyle factors Learners will know and understand about lifestyle factors and how these can affect health and fitness 1.1.2 Drugs – recreational, performance enhancing • Smoking • Alcohol • Stress. 2.1 Fitness Testing **2.1.1 Health-related fitness tests** This includes: • Cardiovascular endurance • Muscular strength • Muscular endurance • Body composition • Flexibility.	**Synoptic Assessment Task 1** Pupils will develop independent research skills Demonstrate and apply knowledge of different fitness components • Muscular Endurance • Power • Speed • Strength • Flexibility • Coordination • Cardiovascular Endurance **Synoptic Assessment Task 2** Demonstrate and apply learning of the different principles of SPORT • Specificity • Progression • Overload • Reversibility	**Synoptic Assessment Task 3** Pupils Demonstrate and apply knowledge by explaining how different components of fitness could be improved using a variety of training methods and the principle of FITT. **Synoptic Assessment Task 4** Pupils demonstrate independent learning skills by using a project brief to design a training programme for a client **Synoptic Assessment task 5** Pupils will use self-assessment skills to complete a project log and reflect on individual strengths and weaknesses.	Preparation for Exam re-sit/ Attempt 2	

		2.1.2 Skill-related fitness tests This includes: • Agility • Speed • Coordination • Power • Balance • Reaction time.	• Tedium			