



# Physical Education (PE)

## Key Stage 4 – GCSE PE

Component One	Component Two	Component Three	Component Four
<b>Fitness and Body Systems</b>	<b>Health and Performance</b>	<b>Practical Performance</b>	<b>Personal Exercise Programme</b>
<ul style="list-style-type: none"><li>• Applied Anatomy and Physiology</li><li>• Movement Analysis</li><li>• Physical Training</li><li>• Use of Data</li></ul>	<ul style="list-style-type: none"><li>• Health, Fitness and Wellbeing</li><li>• Sport Psychology</li><li>• Social-Cultural Influences</li><li>• Use of Data</li></ul>	<ul style="list-style-type: none"><li>• Skills during Individual and Team Activities</li><li>• General Performance Skills</li></ul>	<ul style="list-style-type: none"><li>• Aim and Planning an Analysis</li><li>• Carrying out and Monitoring the PEP</li><li>• Evaluation of the PEP</li></ul>



# Physical Education (PE)

## Key Stage 4 – Core PE Lessons

### Sports

Students will be given a choice from a range of activities

- Athletics
- Basketball
- Badminton
- Cricket
- Dance
- Fitness Training
- Football
- Hockey
- Lacrosse
- Netball
- Orienteering
- Rounders
- Rugby
- Softball
- Squash
- Tennis
- Trampolining
- Volleyball