

Year 10 GCSE Physical Education Curriculum Map

Learning overview		Practical
Autumn Term	<u>Developing Skills and Techniques</u> Fundamental Motor Skills <ul style="list-style-type: none"> Running- measurement via time Throwing- measurement via distance Jumping- Measurement via distance Catching Hitting Kicking 	Netball
	<u>Decision Making</u> <ul style="list-style-type: none"> Identify and give examples of different decisions made by coach/ leader, official, performer The importance of following rules/ code of behaviour Etiquette and sportsmanship 	Football
Spring Term	<u>Physical and Mental Capacity</u> <ul style="list-style-type: none"> The components of fitness, define, measure, explanation of when they are needed. The importance of warm up/ cool down- benefits 	Badminton
	<u>Evaluating and Improving</u> <ul style="list-style-type: none"> Characteristics of skilful movement Comparisons of skilled vs. unskilled Performance and outcome goals Assessing the body's readiness for exercise- Health-screening, BMI, Fitness Tests, Validity, Protocols, 	Hockey
	<u>Making informed choices about active, healthy lifestyles</u> <ul style="list-style-type: none"> 7 essential components of diet Characteristics of a healthy, balanced lifestyles- smoking, exercise, alcohol The effects of factors on performance and participation (age, gender, disability, smoking, alcohol, over/ under eating, drugs) Measures/ indicators of health and well-being. (x5) Methods of exercise and training (x7) 	Basketball
Summer Term	<u>Opportunities, pathways and participation in PE</u> <ul style="list-style-type: none"> Levels of participation in sport Positive reasons for participation Negative reasons for participation Social, cultural and locational reasons affecting participation School influences on participation (x5) Identification and description of pathways for involvement in physical activity (x6) 	Swimming
	<u>Analysis of a Healthy Lifestyle</u> <ul style="list-style-type: none"> Components of a health, balanced and active lifestyle and their effects Methods of assessing readiness for exercise Measures of health and health well-being My Action Plan 	Rounders
	<u>Key Concepts</u> <ul style="list-style-type: none"> Competence Performance Creativity Healthy, Active Lifestyles 	Athletics

Year 11 GCSE Physical Education Curriculum Map

Learning overview		Practical
Autumn Term	<p><u>Developing Skills and techniques</u> The learning of skills</p> <ul style="list-style-type: none"> Practice/ rehearsal, Copying others, Trial and Error, Role Models <p>Feedback</p> <ul style="list-style-type: none"> Intrinsic, Extrinsic, Knowledge of results, Knowledge of performance <p>Motivation</p> <ul style="list-style-type: none"> Intrinsic, Extrinsic <p>Goal-setting</p> <ul style="list-style-type: none"> Optimise Performance, Control anxiety, The SMART principle 	Cricket
	<p><u>Physical and Mental Capacity</u> 5 functions of the skeleton</p> <ul style="list-style-type: none"> Shape and support, Blood cell production, Protection, Movement, Mineral Store <p>Range of movement</p> <ul style="list-style-type: none"> Flexion, Extension, Rotation, Abduction, Adduction <p>Types of joint</p> <ul style="list-style-type: none"> Hinge, Ball and Socket <p>Structure of joints</p> <ul style="list-style-type: none"> Ligaments, Cartilage, Synovial Fluid <p>Problems with joints/ tendons</p> <ul style="list-style-type: none"> Inflammation of joints, Osteoarthritis, Soreness, Strain, Overuse, Tendonitis <p>The roles of muscles in movement</p> <ul style="list-style-type: none"> Prime mover, Antagonist, Synergist, Antagonistic Pair, The effect of lactic acid <p>Mental Preparation</p> <ul style="list-style-type: none"> Relaxation, Focusing, Raising confidence 	OAA
Spring Term	<p><u>Principles of Training</u> Short term effects of exercise</p> <ul style="list-style-type: none"> Respiratory rate, tidal volume and minute volume, Heart rate, cardiac output, Stroke Volume, Fatigue, Temperature increase <p>Long term effects of exercise</p> <ul style="list-style-type: none"> Heart rate, cardiac output, Stroke Volume, Lung volume, rate of recovery, Increase in strength of muscle fibres, hypertrophy, lactic acid tolerance <p>Training principles</p> <ul style="list-style-type: none"> Overload FITT, Progression, Specificity, Reversibility <p>Aerobic and Anaerobic exercise</p> <ul style="list-style-type: none"> Circuit, Continuous, Fartlek, Flexibility, Weight, Interval, Plyometrics <p>Identify a range of hazards</p> <ul style="list-style-type: none"> Gym, Sports Hall, Fitness centre, Field, Artificial Outdoor area, Courts, OAA <p>Reduce risks</p> <ul style="list-style-type: none"> Correct clothing, Protective equipment, Health and Safety procedures, Appropriate level of competition, Warm up/ cool Down, Importance of personal hygiene to avoid minor infections 	Camcraft
	<p><u>Opportunities, pathways and participation on PE</u> Effect of media, sponsorship and promotional campaigns</p> <p>Reasons for participation</p> <ul style="list-style-type: none"> Local and national provision, Local authority, Private enterprise, Voluntary organisations, National Governing Bodies, Olympic Organisations, Current Government Initiatives <p>How schools promote physical activity</p> <ul style="list-style-type: none"> Exam courses, Extra Curricular, Links, Health awareness 	Weight training for fitness
Summer	<p><u>Analysis of Performance</u></p>	

Year 12 A Level Physical Education Curriculum Map

	Acquisition of Skill	Opportunities for Participation	Exercise Physiology
Week 1	Course Introduction	Introduction to course/ unit	Course introduction
Week 2	Warm Up/Cool Down	Characteristics & objectives of: Play;	Health and fitness
Week 3	Principles of Training	Physical Education;	Clarifying obesity
Week 4	Work Intensities	Leisure & Recreation;	Components of fitness health
Week 5	Training Zones	Active Leisure;	Components of fitness health
Week 6	Fitness Testing	Outdoor & Adventurous activities;	Lifestyle choices
Half Term			
Week 7	Training Methods	Sport.	Movement types
Week 8	Training Methods	Relationships between concepts/ compare and contrast	Muscle action
Week 9	Training Methods	Benefits of participation	Joints
Week 10	Training Methods	End of unit test	Planes and axis
Week 11	The Long Question	Leisure provision	Levers
Week 12	Acquisition of Skill	Public sector	Applying to sport
Christmas			
Week 13	Exam Questions	Private sector	Breathing
Week 14	Information Processing	Voluntary sector	Lung volumes
Week 15	Information Processing	Equality of opportunity	Gaseous exchange
Week 16	Feedback	Best Value/ Role of National Government	Receptors
Week 17	Exam Questions	Sport England	A-Vo ₂ diff/Vo ₂
Week 18	Motor Programmes	End of unit test	Applying to sport
Half Term			
Week 19	Learning and Performance	National Curriculum Physical Education and School Sport (1800 – 1870)	Circulation
Week 20	Learning theories	Rational Recreation	Pulmonary v systemic
Week 21	Teaching Styles	State School Education	Bohr effect/shift
Week 22	Exam Questions	National Curriculum Physical Education	Blood pressure/velocity
Week 23	Exam Questions	Developing School Club links	Vascular shunt
Week 24	Motivation	Role of NGB's, Sport England & YST	Applying to sport
Easter			
Week 25	Skills Practice	End of unit test	Cardiac cycle
Week 26	Forms Of Guidance	Equal Opportunities	Cardiac output/Bradycardia
Week 27	Exam Questions	Barriers to Participation	Starlings law
Week 28	Course Introduction	Discrimination	Para/Sympathetic nervous
Week 29	Warm Up/Cool Down	Policies/ strategies to overcome barriers to participation	Cardiovascular drift
Week 30	Principles of Training	Revision / overview of course	Applying to sport

Year 13 A Level Physical Education Curriculum Map

	Sport Psychology	Evaluating Contemporary Influences	Exercise Physiology
Week 1	Personality	Introduction to Unit	Energy systems ATP/PC
Week 2	Personality	World Games	Lactic acid system
Week 3	Personality	Sport England's Sport Development Continuum	Aerobic system
Week 4	Aggression	World Class Performance Pathway	Applying to sport
Week 5	Aggression	Role and purpose of organisations supporting performer's through pathway	Applying to sport
Week 6	Aggression		Fatigue
Half Term			
Week 7	Attitude	End of unit test	OBLA
Week 8	Attitude	Olympic Ideal – Modern-Day Sport	EPOC
Week 9	Attitude	Rational Recreation	Applying to sport
Week 10	Arousal	Development of Rational Recreation – Industrial Revolution – Urbanisation and how it influenced sport today.	Muscles and function
Week 11	Anxiety		Muscle types
Week 12	Anxiety		Sliding filament theory
Christmas			
Week 13	Self Efficacy	Gamesmanship/ Sportsmanship	Motor units
Week 14	Self Efficacy	Historical view of amateur and professional – compared to today	Summation
Week 15	Attribution Theory	End of unit test	Applying to sport
Week 16	Attribution Theory	Deviance in Sport	Plyometrics
Week 17	Group Success	Causes of violence/ implications	PNF
Week 18	Group Success	Drugs	Glycogen loading
Half Term			
Week 19	Leadership	Drugs	RER
Week 20	Leadership	Drugs	Thermoregulation
Week 21	Social Facilitation	Sports Legislation	Applying to sport
Week 22	Attribution Theory	End of unit test	Injury prevention
Week 23	Revision	Commercialisation of modern-day sport	Hypoxic and hyperbaric
Week 24	Revision	Commercialisation	DOMS
Easter			
Week 25		Sponsorship	Vectors
Week 26		Media	Newton's Law
Week 27		Technology	Linear motion
Week 28		End of unit test	Angular motion
Week 29		Revision	Revision
Week 30		Revision	Revision