



Key Stage 4 - Curriculum Map – PE GCSE

Year 9 Curriculum Map		Halfterm1	Halfterm2	Halfterm3	Halfterm4	Halfterm5	Halfterm6
GCSE PE 4 hrs per fortnight	Curriculum Content inc Knowledge, Skills & Cultural Capital	Health, Fitness & Wellbeing: Physical, emotional & social health Lifestyle choices & impacts of a sedentary life Diet, the role of nutrients and dietary manipulation for sport Optimum weight		Applied Anatomy & Physiology Function, classification & structure of the skeletal system & muscular system Muscle fibres and antagonistic muscles. Short term and long term effects of exercise on the above 2 systems		Applied Anatomy & Physiology Function & structure of the cardiovascular system and respiratory system. Arteries / Capillaries / veins Vascular shunting and components of the blood Aerobic and anaerobic exercise Short term and long term effects of exercise on the above 2 systems	
	Assessment	Half termly test	Half termly test	Half termly test	Half termly test	Half termly test	Half termly test
	Outside of the Curriculum	Practical lessons will work on a rotational basis through the year working through most common sports used including swimming, badminton, handball, netball, trampolining, athletics, football					

Year 10 Curriculum Map		Halfterm1	Halfterm2	Halfterm3	Halfterm4	Halfterm5	Halfterm6
GCSE PE 4 hrs per fortnight	Curriculum Content inc Knowledge, Skills & Cultural Capital	Lever systems and mechanical advantages in sport Movement possibilities at a joint Using different movements in sport Joint classification and impact on movement axes	Planes and axes- movement patterns Classification of skills Forms of practice – theory and practical application Types of guidance- theory and practical application Mental preparation for performance	Mental preparation for performance Sports psychology in performance Introduction to PEP-NEA PARQ's- warm ups and cool downs		Components of fitness Fitness testing Principles of training And Application to PEP Methods of training and application to PEP Completion of PEP- training programme- theory and practical components	
	Assessment	Half termly test	Half termly test	Half termly test	Half termly test	Half termly test	Half termly test
	Outside of the Curriculum	Practical lessons will work on a rotational basis through the year working through most common sports used including swimming, badminton, handball, netball, trampolining, athletics, football Additional sessions will be available for extra PEP work after Feb half term.					

Year 11 Curriculum Map		Halfterm1	Halfterm2	Halfterm3	Halfterm4	Halfterm5	Halfterm6
X hrs per fortnight	Curriculum Content inc Knowledge, Skills & Cultural Capital	Longe term effects of training on the musculo-skeletal system and cardio-respiratory system. Injury and injury prevention	Performance enhancing Drugs Factors affecting performance Participation rate trends commercialisation	Sporting behaviours Deviance in sport	Review of paper 1 content Review of paper 2 content revision	revision	
	Assessment	Half termly test	Half termly test				
	Outside of the Curriculum	Practical lessons will work on a rotational basis through the year working through most common sports used including swimming, badminton, handball, netball, trampolining, athletics, football Additional sessions will be available for extra PEP work after Feb half term.					