

## Curriculum Map

**Subject: GCSE PE**

| Term | Year 10  | Year 11   |
|------|--|---|
| 1    | <p><b>Course Introduction</b></p> <ul style="list-style-type: none"> <li>• Hand out folders</li> <li>• Outline of course</li> <li>• Expectations</li> <li>• Explanation of theory and practical activities</li> </ul> <p><b>Applied Anatomy and Physiology</b></p> <ul style="list-style-type: none"> <li>• Structure and function of the skeletal system</li> <li>• Structure and function of the muscular system</li> <li>• Movement analysis</li> </ul> <p><b>Practical Activities (Subject to Change)</b></p> <ul style="list-style-type: none"> <li>• Badminton</li> <li>• Football</li> <li>• Netball</li> </ul> | <p><b>Sports Psychology</b></p> <ul style="list-style-type: none"> <li>• Mental preparation</li> <li>• Types of guidance</li> <li>• Types of feedback</li> </ul> <p><b>Coursework Task: Analysing and Evaluating Performance</b></p> <ul style="list-style-type: none"> <li>• Analyse aspects of personal performance in a practical performance</li> <li>• Evaluate strengths and weaknesses of the performance</li> <li>• Produce an action plan which aims to improve the quality and effectiveness of performance</li> </ul> <p><b>Practical Activities (Subject to Change)</b></p> <ul style="list-style-type: none"> <li>• Badminton</li> <li>• Basketball</li> <li>• Table Tennis</li> </ul> |
| 2    | <p><b>Applied Anatomy and Physiology</b></p> <ul style="list-style-type: none"> <li>• Cardiovascular and respiratory systems</li> <li>• Effects of exercise on body systems</li> </ul> <p><b>Physical Training</b></p> <ul style="list-style-type: none"> <li>• Components of fitness</li> <li>• Principles of training</li> <li>• Optimising training</li> <li>• Prevention of injury in physical activity and training</li> </ul> <p><b>Practical Activities (Subject to Change)</b></p> <ul style="list-style-type: none"> <li>• Basketball or Handball</li> </ul>  | <p><b>Ethical and Socio-Cultural Issues</b></p> <ul style="list-style-type: none"> <li>• Ethics in sport</li> <li>• Drugs in sport</li> <li>• Violence in sport</li> </ul> <p><b>Engagement Patterns</b></p> <ul style="list-style-type: none"> <li>• Physical activity and sport in the UK</li> <li>• Participation in physical activity and sport</li> </ul> <p><b>Continuation of Coursework Task: Analysing and Evaluating Performance</b></p> <p><b>Commercialisation of Physical Activity and Sport</b></p> <ul style="list-style-type: none"> <li>• Types of media</li> <li>• Golden triangle</li> <li>• Influence of media and sponsorship on sport</li> </ul>                              |
| 3    | <p><b>Health, Fitness and Well-being</b></p> <ul style="list-style-type: none"> <li>• Health benefits of physical activity</li> <li>• Consequences of a sedentary lifestyle</li> </ul>   | <p><b>Revision of GCSE PE Course</b></p>  |

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|  | <ul style="list-style-type: none"> <li>• Diet and nutrition</li> </ul> <p><b>Sports Psychology</b></p> <ul style="list-style-type: none"> <li>• Characteristics of skilful movement</li> <li>• Classification of skills</li> <li>• Goal setting</li> </ul> <p><b>Practical Activities (Subject to Change)</b></p> <ul style="list-style-type: none"> <li>• Athletics</li> <li>• Swimming (for selected students only)</li> </ul> |  |
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**Notes-** *the majority of content is delivered in a classroom setting with some practical sessions to support learning. Year 10 students will have 3 lessons a week with 2 theory lessons and 1 practical lessons. Year 11 students will have 2 theory lessons a week with some practical lessons delivered during certain terms depending on cohort practical requirements.*

*Regular mock examinations will take place throughout the duration of the course (4-5 each year) and intervention will be implemented for students under their target grade.*