

KS4 Curriculum Map	Subject	GCSE P.E.
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Year 10 Autumn	Year 10 Spring	Year 10 Summer
<p>Health, Fitness and Well-Being</p> <p>(Paper 2: Health and Performance)</p> <ul style="list-style-type: none"> • Physical, Emotional, Social Health and well being • Lifestyle choices • Optimum weight • Consequences of a sedentary lifestyle • Energy use, diet, nutrition and hydration <p style="text-align: center;">Physical Training</p> <p>(Paper 1: Health and Performance)</p> <ul style="list-style-type: none"> • PEP Coursework • PARQ • Components of Fitness • Fitness tests • Principles of training • Performance enhancing drugs • Long term effects of exercise • Optimising training and preventing injury • Effective use of warm up and cool down <p><u>Practical:</u> Handball, Football, Tramlining and Netball</p>		<p>Sport Psychology</p> <p>(Paper 2: Health and Performance)</p> <ul style="list-style-type: none"> • Goal Setting • Classification of skill • Mental preparation • Guidance and Feedback on performance • Revision <p style="text-align: center;"><i>Year 10 PPE</i></p> <ul style="list-style-type: none"> • PEP planning <p><u>Practical:</u> Athletics and PEP fitness plan</p>

Year 11 Autumn	Year 11 Spring	Year 11 Summer
<p data-bbox="181 142 696 177">Applied Anatomy and Physiology</p> <p data-bbox="203 225 674 256">(Paper 1: Fitness and Body systems)</p> <ul data-bbox="159 304 719 576" style="list-style-type: none"> • Structure and functions of the musculoskeletal systems • Structure and Functions of the cardio – respiratory system • Anaerobic and Aerobic exercise • The short and long term effects of exercise <p data-bbox="107 1254 405 1286"><u>Practical:</u> Table Tennis</p>	<p data-bbox="909 142 1328 177">Social – Cultural influences</p> <p data-bbox="790 225 1245 256">(Paper 2: Health and Performance)</p> <ul data-bbox="835 304 1435 496" style="list-style-type: none"> • Social groups in activity and sport • Commercialisation of physical activity and sport • Ethical and sociocultural issues • Use of data <p data-bbox="965 584 1274 619">Movement Analysis</p> <p data-bbox="790 667 1261 699">(Paper 1: Fitness and Body Systems)</p> <ul data-bbox="835 746 1402 1023" style="list-style-type: none"> • Lever Systems • Planes and Axis • Joint classification • Lever systems, examples of their use in activity and mechanical advantage they provide in movement • Planes and axes of movement <p data-bbox="790 1230 1312 1294"><u>Practical:</u> Volleyball and preparation for moderation</p>	<p data-bbox="1507 142 2096 177"><i>The GCSE PE exam is always mid-May</i></p> <p data-bbox="1469 225 1682 256">Revision Toolkit</p> <ul data-bbox="1514 304 2063 496" style="list-style-type: none"> ➤ Mind maps ➤ Revision Cards ➤ Exam technique ➤ Exam questions ➤ Revision question time (speed dating)