



ATAM ACADEMY Physical Education Journey

GCSE PE Curriculum Map

Examination

Paper 1 – The human body & movement in physical activity and sport

75 minutes/78 marks/ 30 % of final grade

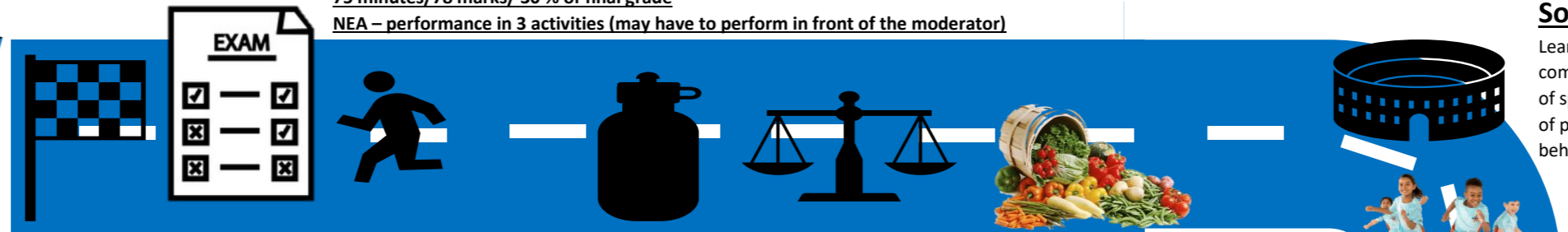
Paper 2 – Socio-cultural influences and well-being in physical activity and sport

75 minutes/78 marks/ 30 % of final grade

NEA – performance in 3 activities (may have to perform in front of the moderator)

A Level PE

BTEC Level 3 in Sport



Socio-cultural Influences

Learners will develop knowledge and application of engagement patterns, commercialisation, (golden triangle) types of sponsorship and media, impacts of sponsorship (positive & negative), technology (positive & negative), conduct of performers, PEDS (advantages & disadvantages), blood doping, spectator behaviour, hooliganism, strategies to combat hooliganism

Health Fitness and Wellbeing

Learners will develop knowledge and application of physical, mental and social health and fitness, consequences of a sedentary lifestyle, obesity, somatotypes, energy use, nutrition, hydration (water balance),

GCSE Physical Education Breakdown

Examination – 60%

Practical Assessment – 30%

Analyse & Evaluate Performance – 10%

Practical Assessment (30%)

For GCSE PE, you will need to select THREE sports:

- 1 Team Activity/Sport
- 1 Individual Activity/Sport
- 1 Team or Individual Activity/Sport

Each activity is assessed (max 25 marks) by your skills in isolation (drills) and full context (competitive game/match or performance)

Skills in isolation = max 15 marks
Skills in full context = max 10 marks

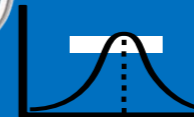
Performance can come from sports/activities outside of school even if we can replicate this in school

Analyse & Evaluate Performance (10%)

For one of your chosen sports, you will need to create a piece of coursework to demonstrate your ability to analyse and evaluate your own performance **ANALYSIS (15 marks) & EVALUATION (10 marks) = Total 25 marks**

- Fitness strength with examples for recent performances
- Fitness weakness with examples from recent performances
- Skill strength with examples from recent performances
- Skills weakness with examples from recent performances
- Plan a suitable training session to improve fitness weakness
- Link a topic from the theory and apply to improve skill weakness

Year
11



Sport Psychology

Learners will develop knowledge and application of classification of skill, types of goals, goal setting, basic information processing, guidance and feedback (beginners and elite), arousal, inverted U theory, optimal arousal, controlling arousal, aggression, personality, motivation.

Movement Analysis

Learners will develop knowledge and understanding of lever systems, mechanical advantage, application to sporting movements, planes and axes

Anatomy & Physiology

Learners will develop knowledge and understanding of bones, muscles, joints, cardio-respiratory system, anaerobic and aerobic exercise, recovery from vigorous exercise, effects of exercise

Physical Training

Learners will develop their knowledge and understand of relationship between health and fitness, components of fitness (linked to sports), fitness testing, data collection, principles of training and application, types of training (advantages & disadvantages), calculating intensities, injury prevention, altitude training & seasons & warm up/cool down

Year
10



Your GCSE Physical Education Journey starts here by selecting it as an option in Year 9