

# Curriculum Knowledge Map

Year 10				
Pathway	Physical Skills	Thinking Skills	Leadership	Fitness and Health
<b>Declarative</b> <i>What should they know?</i>  <i>What key facts/concepts/knowledge do we want all students to know?</i>	<ul style="list-style-type: none"> <li>Advanced techniques (GCSE/CNAT/ CORE)</li> <li>What skills to implement into certain competitive situations (GCSE/CNAT/ CORE)</li> <li>How to refine technique to suit the game situation (GCSE/CNAT/ CORE)</li> <li>How to disguise or outwit an opponent in competitive situations (GCSE/CNAT/ CORE)</li> </ul>	<ul style="list-style-type: none"> <li>Basic and advanced Strategies (GCSE/CNAT/ CORE)</li> <li>Basic and advanced Tactics</li> <li>Formations (GCSE/CNAT/ CORE)</li> <li>Applied Anatomy and Physiology: Structure and function of the body systems (GCSE)</li> <li>Classification of bones, joints, muscles, and blood vessels (GCSE)</li> <li>Short and long term effects of exercise on the body systems (GCSE)</li> <li>Movement analysis -planes and lever systems (GCSE)</li> <li>Components of Fitness and fitness testing (GCSE/CNAT/ CORE)</li> <li>Fitness training methods and principles of training (GCSE/CNAT/ CORE)</li> <li>Performance Enhancing Drugs (GCSE/CNAT)</li> <li>Impact on media on local sport clubs (CNAT)</li> </ul>	<ul style="list-style-type: none"> <li>Leadership qualities/skills (GCSE/CNAT/ CORE)</li> <li>Fair play and what it involves? (GCSE/CNAT/ CORE)</li> <li>Rules of the sport (GCSE/CNAT/ CORE)</li> <li>Scoring system within a given sport (GCSE/CNAT/ CORE)</li> <li>Organisation of tournaments (GCSE/CNAT/ CORE)</li> <li>Basic CPR (CORE)</li> <li>Different types of media (CNAT)</li> </ul>	<ul style="list-style-type: none"> <li>What is a healthy lifestyle? (GCSE/CNAT/ CORE)</li> <li>Health benefits of exercise (GCSE/CNAT/ CORE)</li> <li>Fitness benefits of exercise (GCSE/CNAT/ CORE)</li> <li>How to plan a personal exercise programme? (GCSE/CNAT/ CORE)</li> <li>How to plan training sessions? (GCSE/CNAT/ CORE)</li> <li>How to measure heart rates and Training intensity (MHR)? (GCSE/CNAT/ CORE)</li> <li>How to carry out different training methods? (GCSE/CNAT/ CORE)</li> </ul>
<b>Procedural</b> <i>What should they be able to do?</i>  <i>What things should all students be able to do?</i>	<ul style="list-style-type: none"> <li>Perform and refine advanced skills (GCSE/CNAT/ CORE)</li> <li>Select and apply appropriate technique in competitive situations (GCSE/CNAT/ CORE)</li> <li>Applying disguise to advanced techniques (GCSE/CNAT/ CORE)</li> <li>Complete the skills in isolation drills without guidance in a practical exam (GCSE/CNAT/ CORE)</li> <li>Complete the application of (GCSE/CNAT/ CORE) skill drills without guidance in a practical exam (GCSE/CNAT/ CORE)</li> </ul>	<ul style="list-style-type: none"> <li>Apply advanced strategies and tactics (GCSE/CNAT/ CORE)</li> <li>Apply set plays (GCSE/CNAT/ CORE)</li> <li>Select formations/ order (GCSE/CNAT/ CORE)</li> <li>Knowledge and understanding of Anatomy and Physiology, Movement Analysis and Physical Training (GCSE)</li> <li>Identify and explain positives and negatives of Media in sport (CNAT)</li> <li>Apply knowledge and understanding of Component 1 content (GCSE)</li> <li>Evaluate the topic within Component 1 content and relate to the context (GCSE)</li> </ul>	<ul style="list-style-type: none"> <li>Lead/ co-lead a 3-part warm-up (GCSE/CNAT/ CORE)</li> <li>Lead small groups or assist a leader with a skills task (GCSE/CNAT/ CORE)</li> <li>Officiate or assist an official (GCSE/CNAT/ CORE)</li> <li>Organise a tournament fixtures and timings (GCSE/CNAT/ CORE)</li> <li>Record scores within a tournament/game (CORE)</li> <li>Plan a skills session (GCSE/CNAT)</li> </ul>	<ul style="list-style-type: none"> <li>Plan an exercise plan (GCSE/CNAT/ CORE)</li> <li>Plan a skill and/or fitness session (GCSE/CNAT/ CORE)</li> <li>Perform training methods (GCSE/CNAT/ CORE)</li> <li>Monitor working heart rate/ training intensity (GCSE/CNAT/ CORE)</li> </ul>



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	<ul style="list-style-type: none"> <li>Complete a range of fitness tests and training methods (GCSE/CNAT/ CORE)</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>Analyse and evaluate your own personal exercise programme (GCSE/CNAT/ CORE)</li> </ul>		
<b>Disciplinary Literacy</b> <i>(Tier 3 Vocab)</i>	<ul style="list-style-type: none"> <li>Activity/ sport specific terminology (dependent on activity sport covered)</li> <li>Antagonistic muscle pairs</li> <li>Dorsi-flexion</li> <li>Plantar-flexion</li> </ul>	<ul style="list-style-type: none"> <li>Formation</li> <li>Set plays</li> <li>Commercialisation</li> <li>Gaseous exchange</li> </ul>	<ul style="list-style-type: none"> <li>Sagittal</li> <li>Transverse</li> <li>Frontal</li> <li>Vertical</li> </ul>	<ul style="list-style-type: none"> <li>Progressive overload</li> <li>Specificity</li> <li>FITT principle</li> <li>PAR-Q</li> <li>Reversibility</li> <li>Individual needs</li> </ul>
<b>Assessment</b>	<ul style="list-style-type: none"> <li>GCSE Practical Performance assessment of skills in isolation and application of skill in competitive situations.</li> <li>CAMNAT Sports Studies assessed in demonstrating skills in OAA and sport.</li> <li>No assessment in Core PE</li> </ul>	<ul style="list-style-type: none"> <li>GCSE Practical Performance assessment of application of skills, strategies, and tactics in competitive situations.</li> <li>CAMNAT Sports Studies assessed in planning sessions in Leadership.</li> <li>No formal assessment in Core PE</li> </ul>	<ul style="list-style-type: none"> <li>CAMNAT Sports Studies assessed in planning, leading and evaluating a competition/ tournament and skills sessions.</li> <li>No formal assessment in GCSE or Core PE.</li> </ul>	<ul style="list-style-type: none"> <li>GCSE PE Component 4- Assessed in analysing, planning, completing and evaluating personal exercise programme (PEP).</li> <li>No formal assessment in CAMNAT Sport Studies and Core PE</li> </ul>
<b>Diversity</b>	<ul style="list-style-type: none"> <li>Reference and highlighting different World Cups (Football/Rugby/Netball)/ World Championships (Table Tennis), with teams and players from around the world.</li> <li>Directed to PE Read/ Watch/ Visit list to see high profile global sporting events.</li> <li>GCSE/ CAMNAT Resources shared have diversity represented within PowerPoints, worksheets, case studies, home learning study research tasks.</li> </ul>			

