

Curriculum Map

Subject: Physical Education – KS4 THEORY

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
10 GCSE	Curriculum Topics: 1.2.a. Components of fitness 1.2.b. Applying the principles of training	Curriculum Topics: 1.2.b. Applying the principles of training 1.3.c. Preventing injury in physical activity and training	Curriculum Topics: 1.1.a. The structure and function of the skeletal system 1.1.b. The structure and function of the muscular system	Curriculum Topics: 1.1.d. The cardiovascular & respiratory systems 1.1.e. Effects of exercise on body systems	Curriculum Topics: 1.1.c. Movement analysis 2.2 Sports psychology	Curriculum Topics: Analysing and evaluating performance (coursework-14 hours)
	Links with previous topics: Links back to practical lessons from KS3	Links with previous topics:	Links with previous topics: Muscular system links to skeletal system	Links with previous topics: Respiratory system links to cardiovascular Effects links to all body systems	Links with previous topics: Prevention links to all body systems Movement links to muscular and skeletal systems	Links with previous topics:
	Assessments: Analysis task on components of fitness and principles of training – study of a specific athlete	Assessments: 30 mark paper on 1.2 content	Assessments: 45 mark paper – 20 marks on skeletal, muscular/25 marks on previous content	Assessments: 60 mark paper – 30 marks on CV, resp, effects/30 marks on previous content	Assessments: Full paper 1 PPE	Assessments: Coursework

<h1 style="margin: 0;">11</h1> <h2 style="margin: 0;">GCSE</h2>	<p>Curriculum Topics: 2.2 Sports psychology 2.3 Health, fitness and well-being Paper 1 revision (1.2 – interleaved)</p>	<p>Curriculum Topics: 2.1 Socio-cultural influences 2.2.a. Engagement patterns of different social groups in physical activities and sports Paper 1 revision (1.1) – interleaved</p>	<p>Curriculum Topics: 2.1.b. Commercialisation of physical activity and sport 2.1.c. Ethical and socio-cultural issues in physical activity and sport</p>	<p>Curriculum Topics: Practical Moderation Revision</p>	<p>Curriculum Topics: Revision</p>	<p>Curriculum Topics: N/A</p>
	<p>Links with previous topics: Health links to fitness and training</p>	<p>Links with previous topics: Influences and engagement links to health</p>	<p>Links with previous topics: Commercialisation links to engagement</p>	<p>Links with previous topics:</p>	<p>Links with previous topics:</p>	<p>Links with previous topics:</p>
	<p>Assessments:</p>	<p>Assessments: Yr 11 PPE</p>	<p>Assessments: Full paper 2</p>	<p>Assessments: Yr 11 PPE – paper 2</p>	<p>Assessments:</p>	<p>Assessments:</p>

11 C.Nat	Curriculum Topics: RO41 LO1: Understand different factors which influence the risk of injury LO2: Understand how appropriate warm up and cool down routines can help to prevent injury	Curriculum Topics: RO41 LO3: Know how to respond to injuries within a sporting context LO4: Know how to respond to common medical conditions	Curriculum Topics: RO41 Revision RO42 & 43 Moderation feedback and amendments	Curriculum Topics: RO45 LO1: Know about the nutrients needed for a healthy, balanced diet LO2: Understand the importance of nutrition in sport	Curriculum Topics: RO45 LO 3: Know about the effects of a poor diet on sports performance and participation LO4: Be able to develop diet plans for performers	Curriculum Topics: N/A
	Links with previous topics: LO2 links to RO43 LO1&2	Links with previous topics: LO4 links to RO43 LO1&2	Links with previous topics:	Links with previous topics:	Links with previous topics: LO4 links to RO42 LO4	Links with previous topics:
	Assessments: 40 mark paper on LO1 & LO2	Assessments: Full PPE – later than yr11 window	Assessments: N/A	Assessments: Coursework	Assessments: Coursework	Assessments:

