

# GCSE PE Curriculum Map



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Components of fitness Lifestyle, energy, diet	Fitness tests; Principles of Training Mental prep, goal setting, SMART	Methods of Training PEP	Skeletal system PEP review Guidance	Muscular system Skill classification	Movement analysis Engagement patterns Commercialisation Ethics
Year 10	<b>Paper 1</b> <b>3.1.1</b> Relationship between health, fitness, exercise & performance <b>3.2.1</b> Components of fitness <b>3.2.2</b> Fitness tests: the value of testing <b>3.2.4</b> Fitness tests for specific fitness components	<b>Paper 1</b> <b>3.3.1</b> Training principles <b>3.3.2</b> Training methods / intensities <b>3.3.3</b> Training methods for specific components of fitness, physical activity and sport	<b>Paper 1</b> <b>3.6.1</b> Importance of warm-ups and cool downs <b>3.6.2</b> Warm-up phases and their significance in preparation for physical activity <b>3.6.3</b> Activities included in warm-ups and cool downs  <b>1.1.1</b> Skeleton functions <b>1.1.</b> Bone classification Structure of skeleton	<b>Paper 1</b> <b>1.1.4</b> Joint classification <b>1.1.6</b> Ligaments & tendons Effects of exercise  Trial exam prep, Trial exams and review	<b>Paper 1</b> <b>1.1.2</b> Movements at joints <b>1.1.7</b> Muscle types <b>1.1.8</b> Location & role of voluntary muscles to bring about specific movement <b>1.1.9</b> Antagonistic pairs <b>1.1.10</b> Fast & slow twitch muscle fibres <b>1.4.1</b> Effects of exercise on the muscular system – LA accumulation, muscle fatigue	<b>Paper 1</b> <b>2.1.1</b> Levers <b>2.1.2</b> Mech adv & disadv <b>2.2.1</b> Planes & axes <b>2.2.2</b> Sagittal plane / frontal axis - somersaulting <b>2.2.3</b> Frontal plane / sagittal axis - cartwheeling <b>2.2.4</b> Transverse plane / vertical axis - full twist
	<b>Paper 2 / NEA</b> <b>1.2</b> Consequences of a sedentary lifestyle <b>1.3</b> Energy use, diet, nutrition and hydration  1lesson/fortnight PRACTICAL	<b>Paper 2 / NEA</b> 1 lesson / week 6 weeks <b>2.4</b> Mental preparation <b>2.2</b> Goal setting and SMART targets <b>PEP written prep 3.5.1;</b>  1 lesson / fortnight 6 weeks PRACTICAL  3 lessons /fortnight 2 weeks <b>PEP Practical prep 3.2.3</b>	<b>Paper 2 / NEA</b> PEP	<b>Paper 2 / NEA</b> 1 lesson / week - 3 weeks PEP review  1 lesson / week - 3 weeks <b>2.3.1</b> Guidance types <b>2.3.2</b> Advs and disadvs of each type Exam prep & review  1 lesson / fortnight 6 weeks PRACTICAL	<b>Paper 2 / NEA</b> 2 lessons / fortnight <b>2.1</b> Skill classification  1 lesson / fortnight PRACTICAL	<b>Paper 2 / NEA</b> 1 lesson / fortnight <b>3.1</b> Engagement patterns <b>3.2</b> Commercialisation <b>3.3</b> Ethical & Social Issues  1 lesson / week PRACTICAL



We provide a supportive and challenging environment to ensure our students achieve academic excellence.



We have the highest expectations for academic excellence and personal development and work hard to achieve them.



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	CV system	CV system	Prevention of Injuries	Performance Enhancing Drugs	Exam Preparation	
Year 11	<b>Paper 1</b> <b>1.2.1</b> Functions of CV system <b>1.2.2</b> Structure of CV system <b>1.2.3</b> Arteries, capillaries & veins <b>1.2.4</b> Redistribution of blood <b>1.2.5</b> RBCs, WBC, platelets & plasma <b>1.4.2</b> Short term effects of exercise on HR, SV & Q  Trial prep; Trials week 1	<b>Paper 1</b> Trials week 2 & review  <b>1.2.6</b> Composition of inhaled / exhaled air. Effect of exercise <b>1.2.7</b> VC and TV <b>1.2.8</b> Structures in respiratory system <b>1.2.9</b> Structure of alveoli to enable gas exchange <b>1.4.3</b> Short term effects of exercise on rate & depth of breathing <b>1.2.10</b> How CV & Resp systems work together <b>1.4.4</b> CV & resp systems working together for recovery from activity	<b>Paper 1</b> <b>3.5.2</b> Injury prevention  <b>3.5.3</b> Injuries that can occur during physical activity and sport  <b>3.5.4</b> RICE  Trial prep; Trials week 1	<b>Paper 1</b> Trial week 2 Review of Trial  <b>3.5.5</b> PEDs  Revision	<b>Paper 1</b> Revision	

	<p><b>Paper 2</b> 1 lesson / fortnight <b>2.3.3</b> Feedback <b>2.3.4</b> Interpretation and analysis of graphs</p> <p>Trial prep; Trials week 1 1 lesson / fortnight PRACTICAL</p>	<p><b>Paper 2</b> 1 lesson / fortnight</p> <p>Trials week 2 Review of Trial</p> <p><b>1.1</b> Physical, emotional &amp; social health, fitness &amp; wellbeing</p> <p>1 lesson per fortnight PRACTICAL</p>	<p><b>Paper 2</b> 2 Lessons per fortnight for 4 weeks PRACTICAL</p> <p>2 lessons per fortnight for 2 weeks TRIAL EXAM preparation</p> <p>TRIAL EXAMS week 1</p>	<p><b>Paper 2</b> Practical moderation preparation</p>	<p><b>Paper 2</b> Revision</p>	
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