

# GCSE PE Curriculum Map

| Term           | Autumn 1  | Autumn 2  | Spring 1  | Spring 2   | Summer 1  | Summer 2   |
|----------------|---|---|---|--|---|--|
|                | <b>Components of fitness</b><br><b>Lifestyle, energy, diet</b>  | <b>Fitness tests; Principles of Training</b><br><b>Mental prep, goal setting, SMART</b>   | <b>Methods of Training</b><br><b>PEP</b>  | <b>Skeletal system</b><br><b>PEP review</b><br><b>Guidance</b>   | <b>Muscular system</b><br><b>Skill classification</b>   | <b>Movement analysis</b><br><b>Engagement patterns</b><br><b>Commercialisation</b><br><b>Ethics</b>  |
| <b>Year 10</b> | <b>Paper 1</b><br><b>3.1.1</b> Relationship between health, fitness, exercise & performance<br><b>3.2.1</b> Components of fitness<br><b>3.2.2</b> Fitness tests: the value of testing<br><b>3.2.4</b> Fitness tests for specific fitness components | <b>Paper 1</b><br><b>3.3.1</b> Training principles<br><b>3.3.2</b> Training methods / intensities<br><b>3.3.3</b> Training methods for specific components of fitness, physical activity and sport  | <b>Paper 1</b><br><b>3.6.1</b> Importance of warm-ups and cool downs<br><b>3.6.2</b> Warm-up phases and their significance in preparation for physical activity<br><b>3.6.3</b> Activities included in warm-ups and cool downs<br><br><b>1.1.1</b> Skeleton functions<br><b>1.1.</b> Bone classification<br>Structure of skeleton | <b>Paper 1</b><br><b>1.1.4</b> Joint classification<br><b>1.1.6</b> Ligaments & tendons<br>Effects of exercise<br><br>Trial exam prep, Trial exams and review  | <b>Paper 1</b><br><b>1.1.2</b> Movements at joints<br><b>1.1.7</b> Muscle types<br><b>1.1.8</b> Location & role of voluntary muscles to bring about specific movement<br><b>1.1.9</b> Antagonistic pairs<br><b>1.1.10</b> Fast & slow twitch muscle fibres<br><b>1.4.1</b> Effects of exercise on the muscular system – LA accumulation, muscle fatigue | <b>Paper 1</b><br><b>2.1.1</b> Levers<br><b>2.1.2</b> Mech adv & disadv<br><b>2.2.1</b> Planes & axes<br><b>2.2.2</b> Sagittal plane / frontal axis - somersaulting<br><b>2.2.3</b> Frontal plane / sagittal axis - cartwheeling<br><b>2.2.4</b> Transverse plane / vertical axis - full twist |
|                | <b>Paper 2 / NEA</b><br><b>1.2</b> Consequences of a sedentary lifestyle<br><b>1.3</b> Energy use, diet, nutrition and hydration<br><br>1 lesson/fortnight<br>PRACTICAL   | <b>Paper 2 / NEA</b><br>1 lesson / week 6 weeks<br><b>2.4</b> Mental preparation<br><b>2.2</b> Goal setting and SMART targets<br><b>PEP written prep 3.5.1;</b><br><br>1 lesson / fortnight 6 weeks<br>PRACTICAL<br><br>3 lessons /fortnight 2 weeks<br>PEP Practical prep <b>3.2.3</b> | <b>Paper 2 / NEA</b><br>PEP   | <b>Paper 2 / NEA</b><br>1 lesson / week - 3 weeks<br>PEP review<br><br>1 lesson / week - 3 weeks<br><b>2.3.1</b> Guidance types<br><b>2.3.2</b> Advs and disadvs of each type<br>Exam prep & review<br><br>1 lesson / fortnight 6 weeks<br>PRACTICAL | <b>Paper 2 / NEA</b><br>2 lessons / fortnight<br><b>2.1</b> Skill classification<br><br>1 lesson / fortnight<br>PRACTICAL   | <b>Paper 2 / NEA</b><br>1 lesson / fortnight<br><b>3.1</b> Engagement patterns<br><b>3.2</b> Commercialisation<br><b>3.3</b> Ethical & Social Issues<br><br>1 lesson / week<br>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><br><b>1.2.1</b> Functions of CV system<br><b>1.2.2</b> Structure of CV system<br><b>1.2.3</b> Arteries, capillaries & veins<br><b>1.2.4</b> Redistribution of blood<br><b>1.2.5</b> RBCs, WBC, platelets & plasma<br><b>1.4.2</b> Short term effects of exercise on HR, SV & Q<br><br>Trial prep; Trials week 1 | <b>Paper 1</b><br>Trials week 2 & review<br><br><b>1.2.6</b> Composition of inhaled / exhaled air. Effect of exercise<br><b>1.2.7</b> VC and TV<br><b>1.2.8</b> Structures in respiratory system<br><b>1.2.9</b> Structure of alveoli to enable gas exchange<br><b>1.4.3</b> Short term effects of exercise on rate & depth of breathing<br><b>1.2.10</b> How CV & Resp systems work together<br><b>1.4.4</b> CV & resp systems working together for recovery from activity | <b>Paper 1</b><br><b>3.5.2</b> Injury prevention<br><br><b>3.5.3</b> Injuries that can occur during physical activity and sport<br><br><b>3.5.4</b> RICE<br><br>Trial prep; Trials week 1 | <b>Paper 1</b><br>Trial week 2<br>Review of Trial<br><br><b>3.5.5</b> PEDs<br><br>Revision | <b>Paper 1</b><br><br>Revision |          |
|         |  |   |   |  |                                |          |

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