

Physical Education Curriculum Map

| Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|----------------|--|---|---|---|--|---|
| NWH | CV & RS systems | Neuromuscular & musculo-skeletal systems | Energy systems | Emergence of globalisation of sport in the 21 st century | Sociological theory | Biomechanical principles |
| Year 12 | 1: Cardiac conduction system 2: Q, SV, HR. 3: Health & CV system. 4: CV drift 5: Vascular system. Venous return 6: Transport of O ₂ . 7: Redistribution of blood 8: A-VO ₂ diff 9: Mech of breathing. 10: Lung vols 11: Gas exchange. 12: Lifestyle | 1: Muscle fibre types 2: Nervous system. 3: Role of proprioceptors in PNF 4: Recruitment of muscle fibres. 5: Joint actions in the sagittal plane /transverse axis. 6: Joint actions in the frontal plane/sagittal axis. 7: Joint actions in the transverse plane /longitudinal axis. Types of joint, articulating bones, agonists and antagonists, types of muscle contraction. | 1: Energy transfer 2: Energy continuum of physical activity 3: Energy transfer during short duration/high intensity exercise 4: Energy transfer during long duration/lower intensity exercise 5: Factors affecting VO ₂ max/aerobic power 6: Measurements of energy expenditure 7: Impact of specialist training methods on energy systems | 1: Characteristics of society & impact on sport 2: Characteristics of mob football & real tennis 3: Characteristics & development of football, lawn tennis, rationalisation of track & field, Wenlock Olympic Games 4: Characteristics and impact of Golden Triangle (football, tennis & athletics). 5: Changing status of amateur & professional performers 6: Factors affecting the emergence of elite female performers in football, tennis & athletics in late 20th & early 21st century | 1: Understanding of the key terms relating to sport and their impact on equal opportunities in sport & society. 2: Social action theory 3: Underrepresented groups in sport 4: Equal opportunities 5: Barriers to participation and solutions for underrepresented groups 6: Benefits of raising participation 7: Interrelationship between Sport Eng, local & national partners to increase participation & underrepresented groups | 1: Newton's Laws of linear motion 2: Definitions, equations and units of example scalars 3: Centre of mass 4: Factors affecting stability 5: Three classes of lever 6: Mech advantage and disadvantage 7: Forces acting during linear motion 8: Definitions, equations & units of vectors 9: Definitions, equations & units of scalars 10: Relationship between impulse & momentum through force/time graphs |



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 |
|----------------|---|---|--|--|--|----------|
| PLN | Skill acquisition | Memory models | Information processing | Personality, attitudes, arousal | Anxiety, aggression | NEA |
| Year 12 | 1: Characteristics of skill 2: Skill continua 3: Justification of skill placement on each continua 4: Transfer of learning 5: How transfer of learning impacts skill development 6: Methods of presenting practice 7: Types of practice 8: Stages of learning and feedback 9: Learning plateau 10: Cognitive theories 11: Behaviourism 12: Social learning 13: Constructivism | 1: Methods of guidance 2: Purposes and types of feedback 1: Input 3: Decision making 4: Baddeley and Hitch, working memory model memory system 5: Output 6: Feedback | 1: Application of Whiting's information processing model to a range of sporting contexts. 2: Applied understanding of information processing terms within a sporting context 3: Definitions of and the relationship between reaction time, response time, movement time 4: Factors affecting response time 5: Definitions of anticipation 6: Strategies to improve response time 7: Schmidt's schema theory 8: Strategies to improve information processing | 1: Nature vs nurture debate in the development of personality 2: Interactionist perspective 3: Triadic model 4: Theories of arousal 5: Practical applications of theories of arousal and their impact on performance 6: Peak flow | 1: Types of anxiety 2: Advantages and disadvantages of using observations, questionnaires and physiological measures to measure anxiety 3: Difference between aggression and assertive behaviour 4: Theories of aggression 5: Strategies to control aggression | NEA |



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|---------|--|--|---|---|----------|----------|
| NWH | Angular motion Fluid mechanics | Diet Injury | Development of elite performers | Violence, drugs, law | | |
| Year 13 | 1: Application of Newton's laws to angular motion 2: Definitions and units for angular motion 3: Conservation of angular momentum during flight, moment of inertia & relationship with angular velocity 4: Factors affecting horizontal displacement of projectiles 5: Factors affecting flight paths of projectiles 6: Vector components of parabolic flight 7: Dynamic fluid force 8: Factors that increase / decrease drag and their application to sport 9: The Bernoulli principle applied to sporting situations | 1: Food classes 2: Dietary supplements /manipulation 3: Lab conditions & field tests 4: Physiological effects of warm up & cool down 5: Training principles 6: Periodisation 7: Training methods 8: Types of injury 9: Injury prevention methods, rehab & recovery 10: Physiological reasons for methods used in injury rehab 11: Importance of sleep & nutrition for recovery | 1: Key concepts and the base of the sporting development continuum 2: Factors required to support progression from talent ID to elite performance 4: Roles and relationship between organisations in providing support and progression from talent ID to elite performance 5: Support services provided by NISs for talent development 6: WCPP, Gold Event Series and Talent ID & Development 7: Ethics in sport 8: Deviance in sport | 1: Violence in sport 2: Strategies for preventing violence 3: Social and psychological reasons behind using illegal drugs and doping methods 4: Physiological effects of drugs on performance 5: Implications of drug taking 6: Strategies for elimination of PEDs 7: Arguments for and against drug taking and testing 8: Uses of sports legislation 9: Impact of commercialisation, sponsorship & the media | | |
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| PLN | Ach motivation Social facilitation | Group dynamics Goal setting | Attribution theory, Self efficacy, Confidence | Leadership Stress mgt | Technology | |
| Year 13 | 1: Motivation 2: Atkinson's Model of achievement motivation 3: Characteristics of personality components of achievement motivation 4: Impact of situational component of achievement motivation 5: Achievement goal theory 6: Social facilitation and inhibition 7: Evaluation apprehension | 1: Group formation 2: Cohesion 3: Steiner's model of potential and actual productivity, faulty group processes 4: Ringelmann effect and social loafing. 5: Strategies to improve cohesion, group productivity and overcome social loafing 6: Benefits of types of goal setting 7: Principles of effective goal setting | 1: Attribution process 2: Weiner's Model and its application to sporting situations 3: Link between attribution, task persistence and motivation 4: Self-serving bias 5: Attribution retraining 6: Learned helplessness 7: Characteristics of self-efficacy, self-confidence and self-esteem 8: Bandura's Model of self-efficacy 9: Vealey's Model of self-confidence 10: Effects of home field advantage | 1: Characteristics of effective leaders 2: Styles of leadership 3: Leadership styles for different sporting situations 4: Prescribed and emergent leaders 5: Theories of leadership in different sporting situations 6: Explanation of the terms 'stress' and 'stressor' 7: Use of warm up for stress management 8: Effects of cognitive and somatic techniques on the performer 9: Explanation of cognitive techniques 10: Explanation of somatic techniques | Technology for sports analytics Functions of sports analytics The development of equipment & facilities in sport, and their impact on participation and performance Role of technology in sport and its positive & negative impacts | |
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