

# Physical Education Curriculum Map



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>NWH</b>	<b>CV &amp; RS systems</b>	<b>Neuromuscular &amp; musculo-skeletal systems</b>	<b>Energy systems</b>	<b>Emergence of globalisation of sport in the 21<sup>st</sup> century</b>	<b>Sociological theory</b>	<b>Biomechanical principles</b>
<b>Year 12</b>	1: Cardiac conduction system 2: Q, SV, HR. 3: Health & CV system. 4: CV drift 5: Vascular system. Venous return 6: Transport of O <sub>2</sub> . 7: Redistribution of blood 8: A-VO <sub>2</sub> 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 <sub>2</sub> 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 Olympian 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.



Ambition

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 2: Decision making 3: Baddeley and Hitch, working memory model 4: 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 3: Roles and relationship between organisations in providing support and progression from talent ID to elite performance 4: Support services provided by NISs for talent development 5: WCPP, Gold Event Series and Talent ID & Development 6: Ethics in sport 7: 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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**Term**

**Autumn 1**

**Autumn 2**

**Spring 1**

**Spring 2**

**Summer 1**

**Summer 2**

**PLN**

**Ach motivation  
Social facilitation**

**Group dynamics  
Goal setting**

**Attribution theory,  
Self efficacy,  
Confidence**

**Leadership  
Stress mgt**

**Technology**

3  
1  
Year

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

