

GCSE PE - Curriculum Map Overview Year 10

Y10	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Topic	Physical Training	Physical Training	Applied Anatomy and Physiology.	Applied Anatomy and Physiology.	Movement Analysis	Performance Analysis (Controlled Assessment)
Key terms	The components of fitness. Health & Fitness. Measuring the components of fitness.	Principles of Training. Warm-up & Cooldown. Methods of training. Calculating intensity. Considerations to prevent injury.	Bones, structure and functions of the skeleton. Muscles of the body. Types of joints. Blood Vessels Heart & cardiac cycle Mechanics of breathing. Pathway of air & gaseous exchange	Aerobic & Anaerobic exercise EPOC/ recovery. Short and long term effects of exercise.	First, second and third class levers. Mechanical advantage. Planes and axes. Sagittal Frontal Transverse	Strengths, Weaknesses, training programme, methods of training, analysis of performance.
Assessment	Practical & internal exam	Practical & internal exam	Practical & internal exam	Practical & internal exam	Practical & internal exam	Practical & coursework



GCSE PE - Curriculum Map Overview Year 11

Y11	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Topic	Sports Psychology	Sports Psychology	Socio- Cultural Influences	Health, Fitness and Well being	Practical Moderation	Revision/ End of course Exam
Key terms	Feedback Guidance Arousal Inverted U theory Stress Management Aggression Personality	Intrinsic and extrinsic motivation. Skill & ability. Types of goals. SMART targets. Basic information processing.	Promotion of sport. Sponsorship & advertising, Commercialisati on. Media Hooliganism Spectator behaviour Performance Enhancing drugs (PEDs)	Obesity Somatotypes Endomorph Ectomorph Mesomorph Balanced Diet Dehydration	3 sports coming from both team and individual categories. Worth 40% combined with NEA controlled assessment.	1.5hr x 2 exams worth 60%
Assessment	Practical & internal exam	Practical & internal exam	Practical & internal exam	Practical & internal exam	External moderation	External Exam