The Orme Academy
EMPOWERING LEARNERS FOR LIFE

Curriculum Road Map
GCSE PE

Shaw Education Trust

Level 3 BTEC National in Sport

Apprenticeships

KS5 A Level PE

GCSE Examinations

In-class revision and intervention

MOCK EXAMS PAPERS 1&2

Training Seasons

Warm Up/Cool Down

Injury

POT

Levers

Planes/Axis

EOU Test /78

Unit 3 Physical Training

COF

Movement

Fitness Testing

Training Thresholds

Unit 2 Movement Analysis

Skeleton

EOU Test /78

Cardio-Respiratory

Unit 1 A & P

Effects of Exercise

Aerobic/ Anaerobic

Muscular System

Year 11

Diet

Somatotypes

EOU Test /78

FULL EXAM PAPER 2 /78

Sedentary lifestyle

Energy Use

Dehydration

NEA C/WK

Ethics

Health & Fitness

Unit 6 Health, Fitness & Wellbeing

EOU Test /78

Commercialisation

Spectators

Technology

Guidance & Feedback

Motivation

EOU Test /78

Unit 5 Socio-Cultural Influences

Participation

Goals & Targets

Aggression

Arousal

Unit 4 Sports Psychology

Skill & Ability

Information Processing

Personality Types

Year 10

PAPER 2 CONTENT.

PAPER 1 CONTENT

NEA COURSEWORK