KS4 GCSE PE Curriculum Map



Overall Intent	Through the delivery of our GCSE PE course we provide the opportunities for students to develop their strengths and gain dynamic theoretical and practical skills for further education or work. We want students to develop a broad understanding of the three pillars of physical activity and health (physical, mental and social) and finish their course feeling confident that they can apply what they've learned to their own practice and improve their performance. PE students will be able to perform, analyse and evaluate in a number of practical activities.								
Year Group	Year 10	Year 10	Year 10	Year 10	Year 10	Year 10	Year 11	Year 11	Year 11
Time Period	Autumn 1	Autumn 2	Spring 11	Spring 2	Summer 1	Summer 2	Autumn 1	Autumn 2	Spring 1
Topics	The musculo- skeletal system	The structure and functions of the cardiorespiratory system	Physical training	Physical training & Mental preparation	Analysis & Evaluation of Performance	Analysis & Evaluation of Performance	Skill acquisition	Sport, society and culture	Sport, society and culture Data
Purpose	To learn about physiological structures and their functions. To learn the fundamentals of describing movement	To learn about physiological structures and their functions and the effect of exercise	To learn how and why we measure fitness components. How do we prepare a performer for sporting activity.	To learn about the factors that affect training and training intensity.	To analyse and evaluate performance in one sporting activity.	To analyse and evaluate performance in one sporting activity.	To understand what skill is and how coaches can effectively develop performance	To learn about the external influences on sport and how they may affect it and athlete behaviour	To develop the skills to measure performance through interpreting data.
Crucial Learning and skills acquired	Year 1: Functions of the skeleton Synovial joints Movements at synovial joints The muscular system Antagonistic pairs Muscular contractions Types of levers	Year 1: Gaseous exchange The mechanics of breathing Spiromometer traces The Cardiovascular System Cardiac cycle and the pathway of blood The vascular system Vascular shunting during exercise	Year 1: The components of fitness Fitness testing (Illinois agility, Stork balance, multi- stage fitness, wall toss, sit and reach, sit- up bleep, vertical jump, ruler drop, one rep max, 30m sprint handgrip dynamometer) Methods of training, Principles of training and application	Year 1: Aerobic and anaerobic exercise The recovery period Effects of exercise Year 2: Inverted-U theory and arousal in sports Health, fitness and wellbeing (physical, social and emotional)	Year 1: Preparation for Non- Examined Assessment (NEA) - Analysis and Evaluation of Performance	Year 1: Write up, completion and submission of NEA Revision for End of Year Exam	Year 2: The classification of skill Types of goals SMART targets Types of feedback Graph to represent feedback on knowledge of results	Year 2: The commercialisation of physical activity and sport The positive and negative impacts of the media and sponsorship The positive and negative impacts of technology Commercialisation: extended writing answer analysis Etiquette, sportsmanship, gamesmanship and the contract to compete	Year 2: Engagement patterns Information processing Paper 1 & Paper 2 Data & graphs

KS4 GCSE PE Curriculum Map



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KS4 GCSE PE Curriculum Map

