



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 Time Period	Year 10 Autumn 1	Year 10 Autumn 2	Year 10 Spring 1	Year 10 Spring 2	Year 10 Summer 1	Year 10 Summer 2	Year 11 Autumn 1	Year 11 Autumn 2	Year 11 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 Paper1 & Paper 2 Data & graphs



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	Mechanical advantage Basic movement analysis Planes and axes	Cardiac output, stroke volume and heart rate	Warming up and cooling down Training thresholds Preventing injury					Performance enhancing drugs (PEDs) Applying your knowledge of PEDs Spectator behaviour: your experiences Hooliganism	
Sequencing	<p>Prior knowledge/skills: From KS3 - Students have developed more advanced transferable and activity-specific skills and knowledge with a more developed tactical understanding of the game. They are able to evaluate their own and others' performances using key vocabulary and have prior knowledge of many of the key vocabulary terms delivered throughout the GCSE course.</p> <p>Future learning: Throughout the GCSE course - In addition to the crucial learning content, students develop skills in "high return" sports such as Badminton (singles and doubles/individual and team sport categories). Leads to KS5 A level and BTEC Level; 3 - Anatomy and Physiology, Fitness Training and Programming for Health, Sport and Well-being, Professional Development in the Sport Industry, Application of Fitness Testing</p>								
End Point (What do we want them to know, do and remember at the end of this unit?)	Students have knowledge of the structures and functions of the relevant systems and of Biomechanical content. Students can apply this knowledge to sporting examples.	Students know how and why we measure fitness components and how we prepare a performer for sporting activity whilst considering the factors that affect training and training intensity.	Students are able to analyse and evaluate their own or others' performances, highlighting areas of strength and weakness and suggesting potential causes.	Students can classify skills and have knowledge of the methods through which a coach can improve performance. Final submission of written coursework	Students have knowledge of the impact of societal and cultural influences on sport and how this affects engagement, participation and development of athletes and performers. Students can also measure performance through interpretation of data and results. Students are able to submit all practical evidence				
Assessment	Mini Test: Exam-style questions for teacher-led peer marking.	Test: The musculo-skeletal system & the structure and functions of the cardiorespiratory system	Mini Test: Exam-style questions for teacher-led peer marking.	Test: The musculo-skeletal system, the structure and functions of the cardiorespiratory system, physical training and mental preparation	Mini Test: Exam-style questions for teacher-led peer marking.	End of Year exam M	Mini Test: Exam-style questions for teacher-led peer marking.	Test: The musculo-skeletal system, the structure and functions of the cardio-respiratory system, physical training, mental preparation, skill acquisition and sport society and culture	Moderation of practical activities selected by the moderator.
Additional practical assessment throughout: Mini practical tests/ moderation. Mock moderation of live and recorded performances.									

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