

GCSE PE Year 10 and 11 Curriculum Map

Aims and Rationale:

To enable students to **develop a holistic understanding of physical education** – stimulating content is at the heart of this engaging qualification. Students will receive a well-rounded and full introduction to the world of PE, sport and sport science through the combination of physical performance and academic challenges.

- Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge and understanding to improve performance
- Understand how the physiological and psychological state affects performance in physical activity and sport
- Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- Develop their ability to analyse and evaluate to improve performance in physical activity and sport
- Understand the contribution that physical activity and sport make to health, fitness and wellbeing
- Understand the key socio-cultural influences that can affect people's involvement in physical activity and sport
- Students will develop a multitude of skills, including numeracy, communication and an understanding of practical performances in order to support progression to the next level of study. The blend of scientific and social knowledge positions students to access a range of qualifications.

Theory	
Prior Learning:	Basic anatomy (muscles, bones), movement, and understanding of basic fitness components taught through KS3
Skills: What will students be able to do	Work independently and in groups Research and present their findings visually and verbally Revise and consolidate their notes Answer and structure short and longer (9) mark questions Analyse and interpret data and graphs

Other: Literacy/ Numeracy / Ethos	Key words and definitions Analysing data and graphs					
Assessment	Practice questions - homework/lesson tasks, end of unit and mock assessments (Theory Final Exam 2x papers - 60%)					
Additional support	Revision guides (CGP and HGS) and SmartPE revision cards Learning buddies Revision (lunchtime sessions and 1x Saturday revision morning)					
Year 10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

Content : What will students know	The Skeletal system: <ul style="list-style-type: none"> • Functions of Skeleton • Classification of bones, naming and application in sport • Classification of joints, ligaments and tendons • Movement at joints 	The Muscular system: <ul style="list-style-type: none"> • Classification of muscle types • Location and role of voluntary muscles • Antagonistic pairs of muscles • Fast and slow twitch muscle fibres • Aerobic and anaerobic exercise • Skeletal and muscular system working together • Long term training effects and benefits on muscular and skeletal systems 	The Cardiovascular system: <ul style="list-style-type: none"> • Functions of CV system and blood vessels • Structure of CV system • Structure of blood vessels Vascular shunt mechanism • Components of blood • Key terms for CV system – SV, BP, HR, Q • Short and long term effects of exercise on CV system • Graphical interpretation of SV and Q 	The Respiratory system: <ul style="list-style-type: none"> • Structure of respiratory system, including alveoli and gaseous exchange. • Key terms for respiratory system, inhaled and exhaled air. • Short and long term effects of exercise on respiratory system. • How the respiratory and CV systems work together • Health, exercise, fitness and performance. • Components fitness (health and skill). • Fitness tests 	Fitness, training and injury: <ul style="list-style-type: none"> • Methods of training • Principles of training • Training thresholds • Warm-up / cool down • Injuries and RICE • Injury prevention and PARQ 	Health and Lifestyle choices: <ul style="list-style-type: none"> • Physical, Social and Emotional Health • Lifestyle choices • Consequences of sedentary lifestyle and Trends • Diet: Macro, micro nutrients, water, fibre. Energy balance • Factors affecting optimum weight
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Year 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content : What will students know	<ul style="list-style-type: none"> • Classification of skills • Practice structures and choices • Goal setting principles (SMART) setting and reviewing • Guidance • Feedback • Mental preparation • Impact on participation • Data interpretation 	<ul style="list-style-type: none"> • Commercialism, advantages and disadvantages • PEP (NEA) write up 	<ul style="list-style-type: none"> • Sporting behaviour and deviance • Performance enhancing drugs • First, second and third class levers • Mechanical advantage and disadvantage • Planes and axes 	<ul style="list-style-type: none"> • Revision • Exam technique and use of past paper questions and 	<ul style="list-style-type: none"> • Exam 	

Practical				
Prior Learning:	Various practical activities components taught through KS3			
Skills: What will students be able to do	Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas: To cover all the practical components of the course available in school To prepare students for their GCSE practical assessment To avail students of the information required to complete external practical activities To enable students to have sufficient knowledge and understanding to complete their PEP evaluation			
Other: Literacy/ Numeracy/ Ethos	Rules – key words Keeping score, analysing data – normative, personal fitness test results and match stats Fair play and sportsmanship			
Assessment	Regular informal assessment of practical activities throughout Year 10 and 11 Formal assessment of practical activities towards the end of each module (if appropriate) and during year 11 PEP (NEA) write up Practical and Personal Exercise Plan (PEP) – 3x practical – 1x individual, 1x team, 1x individual or team (40%) [*2021/22 – 2 practical of any combination]			
Additional support	Additional extra-curricular practices			
Year 10	Trampoline	Hockey	PEP – testing, planning and carrying out a 6 week exercise plan	Athletics
Year 11	Netball	PEP write up	Dance/recap	Recap/assess/moderation