

Subject: GCSE PE

Curriculum mapping

Term	Year 10	Year 11
1	<p><u>Introduction to the course:</u></p> <ul style="list-style-type: none"> • Hand out folders • Paper work • Kerboodle • Doodle <p>Content is delivered in class with some practical sessions to reinforce and support learning. There is also one practical lesson and week dedicated to their practical performance portfolio.</p> <ul style="list-style-type: none"> • Largely teacher led with group/individual tasks throughout • Homework issued after every lesson based on the content delivered. Answering exam questions. • HW handed in by agreed time; marked and feedback provided • Exam questions/ small quizzes used as entry tasks each lesson • Starter task following HW is routine; read the feedback and make notes/amendments with purple pens • Revision lessons at the end of each section to consolidate learning • End of unit exam at the end of each unit. Students must achieve their target grade or retake. • Additional mock exams are at the end of each year. <p>Intervention is in place after school 1 night a week</p> <ul style="list-style-type: none"> • Students can attend voluntarily if they require additional help • It is made compulsory if students are behind on work 	<p>Course is delivered using the same format. Students will have more lessons on theory than practical as the year develops. Students will be finalising their coursework once they have learnt the required content need to complete the evaluation section.</p> <p><u>Unit: Physical training</u></p> <ul style="list-style-type: none"> • The relationship between health and fitness and the role that exercise plays in both. • The components of fitness, benefits for sport and how fitness is measured and improved. • The principles of training and their application to personal exercise/training programmes. • How to optimise training and prevent injury. • Effective use of warm up and cool down. <p><u>Unit: Sports psychology</u></p> <ul style="list-style-type: none"> • Guidance and feedback on performance • Mental preparation for performance <p><u>NEA: Finalising coursework.</u></p>

	<p>or are not achieving their target grade</p> <p>Practical lesson is once a week where students will practice and develop the necessary skills needed to improve their practical performance and portfolio.</p> <p><u>Unit: Health and Fitness and well-being</u></p> <ul style="list-style-type: none"> • Physical emotional and social health, fitness and well-being • The consequences of a sedentary lifestyle • Energy use, diet, nutrition and hydration <p><u>Unit: Applied anatomy and physiology</u></p> <ul style="list-style-type: none"> • The structure and functions of the musculoskeletal system. <p><u>Unit: Movement analysis</u></p> <ul style="list-style-type: none"> • Lever system, examples of their use in activity and the mechanical advantage they provide in movement. • Planes and axes of movement 	
2	<p><u>Unit Applied anatomy and physiology</u></p> <ul style="list-style-type: none"> • The structure and functions of the cardio-respiratory system. • Anaerobic and aerobic exercise. • The short term and long term effects of exercise. • 	<p><u>Unit: Socio-cultural influences</u></p> <ul style="list-style-type: none"> • Engagement patterns of different social groups in physical activity and sport. • Commercialisation of physical activity and sport. <p>Ethical and socio-cultural issues in physical activity and sport.</p>
3	<p><u>Unit: Sports psychology</u></p> <ul style="list-style-type: none"> • Classification of skills (basic/complex, open/closed) • The use of goal setting and SMART targets to improve and/or optimise performance. <p>Basic information processing.</p> <p><u>NEA: Coursework</u></p> <ul style="list-style-type: none"> • Students to start their analysis section of the coursework. 	<p><u>Revision and preparation for theoretical examination and practical moderation.</u></p>