

KS4 Curriculum Map – GCSE PE

Year 9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1		Summer 2
Topic	Physical Training: warm up, cool down and thresholds of training; health and skill components of fitness; fitness testing; and principles of training.	Physical Training: methods of training; short and long term effects of exercise on the body systems; PARQ; injury identification and prevention; and performance enhancing drugs.	Health, Fitness and Well-being: physical, emotional and social health; lifestyle factors; diet and role of nutrients; and optimum weight.	Sports Psychology: classification of skills; forms of practice; goal setting; guidance and feedback.	Year 9 Exam	Journey A: Sports Psychology: mental preparation; and interpretation of data. Socio-Cultural Influences: influences on participation rates; interpretation of graphs; commercialisation; sporting behaviours; and deviance in sport. Journey B: Electronic version of the aim and planning analysis and carrying out and monitoring their PEP.	Journey A: Electronic version of the aim and planning analysis and carrying out and monitoring their PEP. Journey B: Sports Psychology: mental preparation; and interpretation of data. Socio-Cultural Influences: influences on participation rates; interpretation of graphs; commercialisation; sporting behaviours; and deviance in sport.
Recap/ Assessment	Recap on component 1, topic 3.1, 3.2, 3.3 and 3.6.	Recap on component 1, topic 3.3, 3.4, and 3.5.	Recap on component 2, topics 1.1, 1.2 and 1.3.	Recap on component 2, topics 1.3, 2.1, 2.2 and 2.3.		Journey A: Questions on component 2, topics 1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 3.1, 3.2 and 3.3. Journey B: Electronic submission of aim and planning analysis and carrying out and monitoring their PEP.	Journey A: Electronic submission of aim and planning analysis and carrying out and monitoring their PEP. Journey B: Questions on component 2, topics 1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 3.1, 3.2 and 3.3.
Link with GCSE Skills and AOs	Component 1 Fitness and Body Systems and Component 2 Health and Performance – This period will incorporate a mix of theory and practical lessons where the aim is to build depth of knowledge, spaced repetition and skills to prepare students for progression to the GCSE full course.					Component 1 Fitness and Body Systems and Component 2 Health and Performance – The assessment overview consists of multiple-choice, short-answer, and extended writing questions. Component 4 Personal Exercise Programme - The assessment overview consists of students producing a PEP, and will require students to analyse and evaluate their performance.	

Year 10	Autumn 1	Autumn 2	Spring 1		Spring 2	Summer 1	Summer 2
Topic	Applied Anatomy and Physiology: skeletal and muscular system.	Applied Anatomy and Physiology: cardiovascular and respiratory system.	Year 10 Exam	Applied Anatomy and Physiology: respiratory system; aerobic and anaerobic exercise. Movement Analysis: levers.	Movement Analysis: levers; mechanical advantages; skeletal system joints and movement recap; planes and axes. Physical Training: PARQ; warm up and cool down.	Physical Training: health and skill components of fitness; fitness testing; principles and methods of training exam practice.	Physical Training: methods of training; short and long term effects of exercise on the body systems; injury identification and prevention; and performance enhancing drugs exam practice.
Assessment	Questions on component 1, topic 1.1 and 1.4.	Questions on component 1, topic 1.1, 1.2, 1.3 and 1.4.		Questions on component 1, topic 1.1, 1.2, 1.3, 1.4 and 2.1.	Questions on component 1, topic 1.1, 1.2, 1.3, 1.4, 2.1 and 2.2.	Questions on component 1, topic 1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 3.1, 3.2 and 3.3. Submission of 2 nd draft of PEP.	Questions on component 1, topic 1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 3.1, 3.2, 3.3, 3.4, 3.5 and 3.6. Final PEP submission.
Link with GCSE Skills and AOs	Component 1 Fitness and Body Systems - The assessment overview consists of multiple-choice, short-answer, and extended writing questions.			Component 1 Fitness and Body Systems - The assessment overview consists of multiple-choice, short-answer, and extended writing questions. Component 4 Personal Exercise Programme - The assessment overview consists of students producing a PEP, and will require students to analyse and evaluate their performance.			

Year 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Review component 1 and component 2 topics.	Review topic weaknesses from mock 1.	Exam preparation for component 1 and component 2. Practical moderation preparation.	Review topic weaknesses from mock 2. Internal practical moderation.	External practical moderation. Final PEP submission to external assessor. Final exam preparation for component 1 and component 2.	Year 11 Exams
Assessment	Questions on component 1 and 2 all topics.	Mock 1.	Mock 2.	Questions on component 1 and 2 all topics. Internal practical moderation.	Questions on component 1 and 2 all topics. External practical moderation. Final PEP submission to external assessor.	
Link with GCSE Skills and AOs	Component 1 Fitness and Body Systems and Component 2 Health and Performance - The assessment overview consists of multiple-choice, short-answer, and extended writing questions.	Component 1 Fitness and Body Systems, Component 2 Health and Performance - The assessment overview consists of multiple-choice, short-answer, and extended writing questions.	Component 1 Fitness and Body Systems and Component 2 Health and Performance - The assessment overview consists of multiple-choice, short-answer, and extended writing questions. Component 3 Practical Performance Component 4 Personal Exercise Programme - The assessment overview consists of students producing a PEP, and will require students to analyse and evaluate their performance.			