

KS4 Curriculum Map – GCSE PE

Year 10	Autumn 1	Autumn 2	Spring 1		Spring 2	Summer 1	Summer 2
Topic	Physical Training: health and skill components of fitness; fitness testing; principles and methods of training	Physical Training: methods of training; short and long term effects of exercise on the body systems; injury identification and prevention; and performance enhancing drugs.	Year 10 Exam	Applied Anatomy and Physiology: skeletal and muscular system.	Applied Anatomy and Physiology: cardiovascular and respiratory system.	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.
Assessment	Questions on component 1, topic 13.1, 3.2 and 3.3.	Questions on component 1, topic 3.1, 3.2, 3.3, 3.4, 3.5 and 3.6. Submission of 1 st draft of PEP.		Questions on component 1, topic 1.1, 1.4 3.1, 3.2, 3.3, 3.4, 3.5 and 3.6. Submission of 2 nd draft of PEP.	Questions on component 1, topic 1.1, 1.2, 1.3, 1.4, 3.1, 3.2, 3.3, 3.4, 3.5 and 3.6. Final submission of PEP.	Questions on component 1, topic 1.1, 1.2, 1.3, 1.4, 2.1, 3.1, 3.2, 3.3, 3.4, 3.5 and 3.6.	Questions on component 1, topic 1.1, 1.2, 1.3, 1.4, 2.1 and 2.2, 3.1, 3.2, 3.3, 3.4, 3.5 and 3.6.
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 4 Personal Exercise Programme - The assessment overview consists of students producing a PEP and will require students to analyse and evaluate their performance.						
SPaG Objectives	•Excelling = use all relevant technical vocabulary, terminology and definitions with the content for Components 1 and 2 and spell challenging words accurately use accurate and varied punctuation with control (semi-colons, colons, dashes), use a range of sentence structures and paragraph lengths for effect. •Secure = use most relevant technical vocabulary, terminology and definitions with the content for Components 1 and 2 and spell words with regular patterns, accurately use punctuation with control (capitals, full stops, commas), use a range of sentence structures, use connectives. •Developing = use some relevant technical vocabulary, terminology and definitions with the content for Components 1 and 2. Be able to use punctuation with basic control, be able to demarcate sentences accurately, use paragraphs correctly.						
Enrichment /Extra-curricular	1 hour to 1 hour 30minute sessions in each sport taking place weekly to increase breadth of opportunity and interest including some sports that are not covered in the curriculum.						
	Football, Swimming, Cycling, Basketball, Rugby, Hockey, Dance, Netball, Horse Riding, Archery, Volleyball, Table Tennis, Sports Scholars					Swimming, Dance, Tennis, Cricket, Rounders, Athletics, Archery, Sports Scholars	

KS4 Curriculum Map – GCSE PE

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.	
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.			
SPaG Objectives	•Excelling = use all relevant technical vocabulary, terminology and definitions with the content for Components 1 and 2 and spell challenging words accurately use accurate and varied punctuation with control (semi-colons, colons, dashes), use a range of sentence structures and paragraph lengths for effect. •Secure = use most relevant technical vocabulary, terminology and definitions with the content for Components 1 and 2 and spell words with regular patterns, accurately use punctuation with control (capitals, full stops, commas), use a range of sentence structures, use connectives. •Developing = use some relevant technical vocabulary, terminology and definitions with the content for Components 1 and 2. Be able to use punctuation with basic control, be able to demarcate sentences accurately, use paragraphs correctly.					
Enrichment /Extra-curricular	1 hour to 1 hour 30minute sessions in each sport taking place weekly to increase breadth of opportunity and interest including some sports that are not covered in the curriculum.					
	Football, Swimming, Cycling, Basketball, Rugby, Hockey, Dance, Netball, Horse Riding, Archery, Volleyball, Table Tennis, Sports Scholars				Swimming, Dance, Tennis, Cricket, Rounders, Athletics, Archery, Sports Scholars	