

Inspire, Challenge, Enrich

GCSE PE - Curriculum maps

Department mission/curriculum statement: After five years of core PE, our aim is that you achieve in each of our four strands; enjoyment: actively engage in and enjoy your PE lessons, skills: develop your physical skills and conceptual skill through sport, health and wellbeing: explore how physical activity and sport can improve your wellbeing and lifelong participation: experience a range of activities that inspire you to be active for life.

Year 10	Autumn HT 1	Autumn HT 2	Spring HT 1	Spring HT 2	Summer HT 1	Summer HT 2
Topic and/or Key Question	Diet and Assessing Fitness	Sports Psychology	How the Body Moves	Optimising Training	Participation	Ethics and Commercialisation
Key Knowledge/Skills	- Diet and nutrition - Components of fitness Main skills (subject specific and generic) that will be developed and how	- Characteristics of skilful movement - Classification of skills - Goal setting - Mental preparation - Types of guidance - Types of feedback	- Location of major bones - Functions of the skeleton - Types of synovial joint - Types of movement at hinge joints and ball and socket joints - Other components of joints - Location of major muscle groups - The roles of muscle in movement	- Principles of training - Methods of training - Warm up and cool down	- Physical activity and sport trends in the UK - Factors affecting participation in physical activity and sport	- Commercialisation of sport - Sportsmanship, Gamesmanship and Deviance - Drugs in sport - Violence in sport
Key Vocabulary	Component Reliability Validity Glycogen Dehydration Nutrient Composition Supplements	Continua Perception Aesthetic Mechanical Cognitive Arousal Intrinsic Extrinsic	Synovial Agonist Antagonist Fixator Ligament Cartilage Tendon	Overload Specificity Fartlek Plyometric Dynamic Lactic acid Mobility	Trend Rates Socio-economic UK Sport Sport England Promotion Access Provision	Commercialisation Sponsorship Influence Etiquette Deviance Sportsmanship Gamesmanship
Extended Writing / Disciplinary Reading		Coursework – Evaluation and Analysis	Coursework – Overview and Assessment	Coursework – Movement Analysis	Coursework – Action Plan	
(School Improvement Priority)	Reciprocal reading task on current sporting article on diet and nutrition	Reciprocal reading task on current sporting article on sports psychology	Reciprocal reading task on current sporting article on how the body moves	Reciprocal reading task on current sporting article on training	Reciprocal reading task on current sporting article on participation in physical activity	Reciprocal reading task on current sporting article on ethics
Assessment [Summative & Formative]	Mid-point formative test (30 marks) – whole class feedback End of unit summative test (60 marks) – WWW and EBI How knowledge and skills will be assessed formally and informally. How feedback will be given	Coursework – Evaluation and Analysis (20 marks) – individual feedback on teams Midpoint formative test (30 marks) – whole class feedback End of unit summative test (60 marks) – WWW and EBI	Coursework – Overview and Assessment – individual feedback on teams Midpoint formative test (30 marks) – whole class feedback End of unit summative test (60 marks) – WWW and EBI	Coursework – Movement Analysis (20 marks) – individual feedback on teams Midpoint formative test (30 marks) – whole class feedback End of unit summative test (60 marks) – WWW and EBI	Coursework – Action Plan (20 marks) – individual feedback on teams In class formative test (30 marks) Midpoint formative test (30 marks) – whole class feedback End of unit summative test (60 marks) – WWW and EBI	Mocks – Paper 1 and Paper 2 (60 marks each) – Mock feedback form End of unit formative test (30 marks) – whole class feedback

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Year 11	Autumn HT 1	Autumn HT 2	Spring HT 1	Spring HT 2	Summer HT 1	Summer HT 2
Topic and/or Key Question	Ethics, Commercialisation, Health, Fitness and Well-being	Injury and Sports Psychology	Revision	Revision	Revision	Revision
Key Knowledge/Skills Main skills (subject specific and generic) that will be developed and how	- Commercialisation of sport - Sportsmanship, Gamesmanship and Deviance - Drugs in sport - Violence in sport - Health, fitness and well-being - Benefits of exercise	- Characteristics of skilful movement - Classification of skills - Goal setting - Mental preparation - Types of guidance - Types of feedback - Prevention of injury	A mix of topics from paper 1 and paper 2 will be chosen based on mocks results. Lesson will focus on knowledge recall and applying that knowledge to exam questions.	A mix of topics from paper 1 and paper 2 will be chosen based on mocks results. Lesson will focus on knowledge recall and applying that knowledge to exam questions.	A mix of topics from paper 1 and paper 2 will be chosen based on mocks results. Lesson will focus on knowledge recall and applying that knowledge to exam questions.	A mix of topics from paper 1 and paper 2 will be chosen based on mocks results. Lesson will focus on knowledge recall and applying that knowledge to exam questions.
Key Vocabulary (School Improvement Priority)	Commercialisation Sponsorship Sedentary Coronary Etiquette Deviance Sportsmanship Gamesmanship	Continua Risk Aesthetic Mechanical Hazard Arousal Intrinsic Extrinsic	BUG AO1 AO2 AO3 Describe Explain Evaluate	BUG AO1 AO2 AO3 Describe Explain Evaluate	BUG AO1 AO2 AO3 Describe Explain Evaluate	BUG AO1 AO2 AO3 Describe Explain Evaluate
Extended Writing / Disciplinary Reading (School Improvement Priority)	Reciprocal reading task on current sporting article on ethics	Reciprocal reading task on current sporting article on sports psychology	Reciprocal reading task on current sporting article on topics covered for revision	Reciprocal reading task on current sporting article on topics covered for revision	Reciprocal reading task on current sporting article on topics covered for revision	Reciprocal reading task on current sporting article on topics covered for revision
Assessment [Summative & Formative] How knowledge and skills will be assessed formally and informally. How feedback will be given	Mid-point formative test (30 marks) – whole class feedback End of unit summative test (60 marks) – WWW and EBI	Mid-point formative test (30 marks) – whole class feedback End of unit summative test (60 marks) – WWW and EBI	Mocks – Paper 1 and Paper 2 (60 marks each) – Mock feedback form End of unit formative test (30 marks) – whole class feedback	End of topic formative test x 3 (30 marks) – whole class feedback	End of topic formative test x 3 (30 marks) – whole class feedback Paper 1 exam	Paper 2 exam