KEY STAGE 4 GCSE PHYSICAL EDUCATION
CURRICULUM MAP

Year 9: Acquiring and developing basics skills across the subject. Replicating sequences and creating personal response (the following is an example map for a particular teacher. Variations are is use that may use different invasion/net activities, due to group capabilities, and a different pattern, due to facilities.)					
Term 1		**Term 2**		**Term 3**	
SKELETAL SYSYEM Structure and functions Classification of joints Movement possibilities ligaments and tendons Short-term & long term effects of exercise	**MUSCULAR SYSTEM** Types of muscle Antagonistic pairs Muscle fibre types Planes and axes of movement Short-term effects of exercise The long-term effects of exercise	**STRUCTURE AND FUNCTIONS OF THE CARDIORESPIRATORY SYSTEM** Anaerobic and aerobic exercise The short term effects of exercise The long-term effects of exercise	**COMPONENTS OF FITNESS** Relative importance Fitness tests Use of data	**METHODS OF TRAINING** PARQ Different training methods for specific components of fitness	**THE PRINCIPLES OF TRAINING** Their application to PEPS The use of goal setting and SMART targets **PEP preparation** Fitness tests PEP planning
Assessment: • End of unit Test • 1 long answer assessment	**Assessment:** • End of unit Test • 1 long answer assessment	**Assessment:** • End of unit Test • 1 long answer assessment	**Assessment:** • End of unit Test • 1 long answer assessment	**Assessment:** • End of unit Test • 1 long answer assessment	**Assessment:** • End of unit Test • 1 long answer assessment
Homework: • Compulsory attendance at least 1 extra curricular club. • Exam question work sheets and revision activities.	**Homework:** • Compulsory attendance at least 1 extra curricular club. Exam question work sheets and revision activities.	**Homework:** • Compulsory attendance at least 1 extra curricular club. Exam question work sheets and revision activities.	**Homework:** • Compulsory attendance at least 1 extra curricular club. Exam question work sheets and revision activities.	**Homework:** • Compulsory attendance at least 1 extra curricular club. Exam question work sheets and revision activities.	**Homework:** • Compulsory attendance at least 1 extra curricular club. Exam question work sheets and revision activities.

Year 10: Acquiring and developing basics skills across the subject. Replicating sequences and creating personal response
(the following is an example map for a particular teacher. Variations are is use that may use different invasion/net activities, due to group capabilities, and a different pattern, due to facilities.)

Term 1		Term 2		Term 3	
HEALTHY LIFESTYLE Physical, emotional and social health, fitness and well-being Impact of fitness on well-being: positive and negative health effects The consequences of a sedentary lifestyle Energy use, diet, nutrition and hydration	**ENGAGEMENT** Engagement patterns of different social groups in physical activity and sport Commercialisation of physical activity and sport Ethical and socio-cultural issues in physical activity and sport Use of data	**PEP COMPLETION**	**WARM UP** Effective use of warm up and cool down How to optimise training and prevent injury How to optimise training and prevent injury Performance Enhancing Drugs	**SKILL ACQUISITION** Classification of skills (basic/ complex, open/closed) Practise Guidance Feedback on performance	
Assessment: • End of unit Test • 1 long answer assessment	**Assessment:** • End of unit Test • 1 long answer assessment	**Assessment:** • End of unit Test • 1 long answer assessment	**Assessment:** • End of unit Test • 1 long answer assessment	**Assessment:** • End of unit Test • 1 long answer assessment	**Assessment:** • End of unit Test • 1 long answer assessment
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Year 11: Acquiring and developing basics skills across the subject. Replicating sequences and creating personal response (the following is an example map for a particular teacher. Variations are is use that may use different invasion/net activities, due to group capabilities, and a different pattern, due to facilities.)					
Term 1		**Term 2**		**Term 3**	
REVISION Preparation for paper 2 mock exam recapping: **ENGAGEMENT** **SKILL ACQUISITION** **HEALTHY LIFESTYLE**	**PEP COMPLETION** Redrafting of "Personal Exercise Programme" **REVISION** Preparation for paper 1 **SKELETAL SYSYEM** **MUSCULAR SYSTEM**	**REVISION** Preparation for paper 1 **STRUCTURE AND FUNCTIONS OF THE CARDIORESPIRATORY SYSTEM**	**REVISION** Preparation for paper 1 **COMPONENTS OF FITNESS** **METHODS OF TRAINING** **THE PRINCIPLES OF TRAINING**	**REVISION**	
Assessment: • End of unit Test • 1 long answer assessment	**Assessment:** • End of unit Test • 1 long answer assessment	**Assessment:** • End of unit Test • 1 long answer assessment	**Assessment:** • End of unit Test • 1 long answer assessment		
Homework: • Revision activities.	**Homework:** • Revision activities.	**Homework:** • Revision activities.	**Homework:** • Revision activities.		