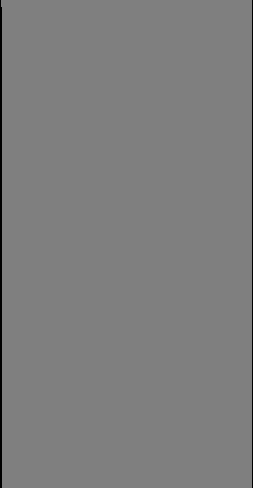


Curriculum map – GCSE PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 9	<p>3.1.1.1 The structure and functions of the musculoskeletal system - 1.1 Skeletal System</p>	<p>3.1.1.1 The structure and functions of the musculoskeletal system - 1.2 Muscular System</p> <p>GCSE Theory Assessment 1 - Chp 1.1&1.2</p>	<p>3.1.1.2 The structure and functions of the cardio-respiratory system</p>	<p>3.1.1.3 Anaerobic and aerobic exercise</p> <p>GCSE Theory Assessment 2 - Chp 1.3</p>	<p>3.1.1.4 The short and long-term effects of exercise</p>	<p>3.1.2 Movement analysis</p> <p>3.1.2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement</p> <p>3.1.2.2 Planes and axes of movement</p> <p>GCSE Theory Assessment 3 - Chp 1.4, 1.5 & Chp2</p>
Year 10	<p>3.1.3.1 The relationship between health and fitness and the role that exercise plays in both</p> <p>3.1.3.2 The components of fitness, benefits for sport and how fitness is measured and improved.</p>	<p>3.1.3.3 The principles of training and their application to personal exercise/training programmes</p> <p>3.1.3.4 How to optimise training and prevent injury</p> <p>3.1.3.5 Effective use of warm up and cool down</p> <p>GCSE Theory Assessment 1 - Chp3</p>	<p>3.1.4.1 Data collection – both qualitative & quantitative</p> <p>3.1.4.2 Present data</p> <p>3.1.4.3 Analyse & evaluate data</p> <p>3.2.1.1 Classification of skills</p> <p>3.2.1.2 The use of goal setting and SMART targets</p>	<p>3.2.1.3 Basic information processing</p> <p>3.2.1.4 Guidance and feedback on performance</p> <p>3.2.1.5 Mental preparation for performance</p> <p>Y10 Exams</p>	<p>Work Experience</p> <p>Revision for Mocks</p>	<p>Written NEA</p> <p>3.2.2.1 Engagement patterns of different social groups in physical activity and sport</p> <p>GCSE Theory Assessment 2- Chp4 Sports Psych</p>

<p>Year 11</p>	<p>3.2.2.2 Commercialisation of physical activity and sport 3.2.2.2 Commercialisation of physical activity and sport 3.2.2.3 Ethical and socio-cultural issues in physical activity and sport</p> <p>GCSE Theory Assessment 1 - Chp5</p>	<p>3.2.3.1 Physical, emotional and social health, fitness and wellbeing 3.2.3.2 The consequences of a sedentary lifestyle</p> <p>Y11 Exams</p>	<p>3.2.3.3 Energy use, diet, nutrition and hydration</p>	<p>Revision</p> <p>Y11 Exams</p>	<p>Revision</p>	
----------------	--	---	--	----------------------------------	-----------------	---

Curriculum Map – A-level PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 12 Physiology	3.1.1.1 Cardiorespiratory system	3.1.1.2 Cardiovascular system Physio Test 1 - 3.1.1.2 - CV SYSTEM	3.1.1.3 Respiratory system 3.1.1.4 Neuromuscular system (Book1) Physio Test 2 - 3.1.1.3 Respiratory	3.1.1.5 The musculo- skeletal system and analysis of movement in physical activities Physio Test 3 - 3.1.1.4 Neuro & 3.1.1.5 Musculo Y12 Exams	3.1.1.6 Energy systems	3.1.1.6 Energy systems continued
Year 12 Psychology	T1 - 3.1.2.1 Skill, skill continuums and transfer of skills 3.1.2.2 Impact of skill classification on structure or practice for learning	3.1.2.3 Principles and theories of learning and performance 3.1.2.4 Use of guidance and Feedback Psychology Test 1 - 3.1.2.1 - 3.1.2.3	3.1.2.5.1 General information processing model Psychology Test 2 - 3.1.2.3 - 3.1.2.4	3.1.2.5 Memory models Y12 Exams	3.2.3.1.1 Aspects of personality 3.2.3.1.2 Attitudes	3.2.3.1.3 Arousal

<p>Year 12 Sociology</p>	<p>3.1.3.1 Emergence of globalization of sport in the 21st century</p> <p>3.1.3.1.1 Preindustrial (pre1780)</p>	<p>3.1.3.1.2 Industrial and post-industrial (1780-1900)</p> <p>Socio Test 1 - 3.1.3 Sport and society (Bk1 Chp 3.1)</p>	<p>T3 - 3.1.3.1.3 Post World War II (1950 to present)</p> <p>Socio Test 2 - 3.1.3.2.1 Socio theory applied to equal opportunities (Bk1 Chp 3.2)</p>	<p>T3/4 - 3.1.3.2.1 Sociological theory applied to equal opportunities</p> <p>Y12 Exams</p>	<p>T5 - 3.2.4.8 The role of technology in physical activity and sport</p>	<p>3.2.1.2 Preparation and training methods in relation to maintaining physical activity and performance</p>
--------------------------	---	---	---	---	---	--

Curriculum map Yr13

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 13 Physiology	<p>3.2.1.1 Diet and nutrition and their effect on physical activity and performance</p> <p>3.2.2.1 Biomechanical Principles</p> <p>Physio Test 4 - 3.1.1.6 Energy Systems, 3.2.1.1 Diet,</p>	<p>3.2.2.1 Biomechanical principles (continued)</p> <p>3.2.2.2 Levers</p> <p>2.2.3 Linear motion</p> <p>3.2.2.4 Angular motion</p>	<p>3.2.2.5 Projectile motion</p> <p>3.2.2.6 Fluid mechanics</p> <p>3.2.1.3 Injury prevention and rehabilitation of injury</p> <p>Mock Exams - All Paper 1 - Revision lessons required</p> <p>Physio Test 5 - 3.2.2.1 Biomech principles & 3.2.2.2 Levers, 3.2.2.3 Linear Motion & 3.2.2.4 Angular Motion</p>	<p>3.2.1.3 Injury prevention and rehabilitation of injury (continued)</p> <p>Revision</p> <p>Physiology Test 6 - 3.2.1.3 Injury prevention and rehabilitation of injury (Bk2 Chp 3.1)</p> <p>Mock Exams 2 (All paper 2)</p>	Revision	
Year 13 Psychology	<p>3.2.3.1.4 Anxiety</p> <p>3.2.3.1.5 Aggression</p> <p>3.2.3.1.6 Motivation</p> <p>3.2.3.1.7 Achievement Motivation</p>	<p>3.2.3.1.8 Social facilitation</p> <p>3.2.3.1.9 Group dynamics</p> <p>3.2.3.1.10 Importance of goal setting</p> <p>Psychology Test 4 - Book 1 Chapter 6.3</p>	<p>3.2.3.1.11 Attribution theory</p> <p>3.2.3.1.12 Self efficacy and self confidence</p> <p>3.2.3.1.13 Leadership</p> <p>Psychology Test 5 - Book 2 Chapter 5.1</p>	<p>3.2.3.1.14 Stress management</p> <p>Revision</p> <p>Mock Exams 2 (All paper 2)</p>	Revision	

Year 13 Sociology	<p>3.2.4.1 Concepts of physical activity and sport</p> <p>3.2.4.2 Development of elite performers in sport</p> <p>3.2.4.3 Ethics in Sport</p> <p>Socio Test 4 - 3.2.4.1 to 3.2.4.4 (Bk2 Chp 6.1 to 6.4)</p>	<p>3.2.4.4 Violence in sport</p> <p>3.2.4.5 Drugs in sport</p> <p>3.2.4.6 Sport and the law</p>	<p>3.2.4.7 Impact of commercialisation on physical activity and sport</p> <p>3.2.4.8 The role of technology in physical activity and sport</p> <p>Socio Test 5 - 3.2.4.5 to 3.2.4.8 (Bk2 Chp 6.5 to 6.8)</p>	<p>3.2.4.8 The role of technology in physical activity and sport (continued)</p> <p>Revision</p> <p>Mock Exams 2 (All paper 2)</p>	Revision	
-------------------	---	---	--	--	----------	--