

## Curriculum Map – GCSE PE Early Entry Course

9EE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer1	Summer 2
	<p><b>Topic titles:</b></p> <ul style="list-style-type: none"> <li>-Skeletal system</li> <li>-Muscular system</li> </ul>	<p><b>Topic titles:</b></p> <ul style="list-style-type: none"> <li>-Cardiovascular system</li> <li>-Respiratory system</li> <li>-Effects of exercise</li> </ul>	<p><b>Topic titles:</b></p> <ul style="list-style-type: none"> <li>-Components of fitness</li> <li>-Principles of training</li> <li>-Preventing injury</li> <li>-Movement analysis</li> </ul>	<p><b>Topic titles:</b></p> <ul style="list-style-type: none"> <li>-Paper 1 revision</li> <li>-Paper 1 assessment</li> <li>-Engagement patterns</li> <li>-Commercialisation of physical</li> </ul>	<p><b>Topic titles:</b></p> <ul style="list-style-type: none"> <li>activity and sport</li> <li>-Ethical &amp; socio-cultural issues</li> <li>-Sports psychology</li> </ul>	<p><b>Topic titles:</b></p> <ul style="list-style-type: none"> <li>-Health, fitness and well-being</li> <li>-Diet &amp; nutrition</li> <li>-Paper 2 revision</li> <li>-Paper 2 assessment</li> </ul>
	<p><b>Big questions:</b></p> <p>Can I name and give the location of the major bones in the body?</p> <p>Can I state the functions of the skeleton?</p> <p>Can I label a diagram of a synovial joint?</p> <p>Can I name the functions of ligaments, tendons and cartilage?</p> <p>Can I name the movements types that occur at different joints?</p> <p>Can I give sporting examples of the different movements that occur at the different joints?</p> <p style="text-align: center;"><a href="#">CFU 1: Skeletal only</a></p> <p>Can I name and give the location of the major muscles in the body?</p> <p>Can I define an agonist, antagonist and fixator? Am I able to identify these in sporting examples?</p> <p>Can I explain the roles of muscles in sporting movements?</p> <p style="text-align: center;"><a href="#">Assessment 1: Skeletal and muscular systems</a></p>	<p><b>Big questions:</b></p> <p>Can I explain the 'double' circulatory system?</p> <p>Can I name and describe differences between the 3 types of blood vessel?</p> <p>Can I accurately label different chambers of the heart?</p> <p>Can I describe the pathway of blood through the heart and around the body?</p> <p>Can I describe the relationship between heart rate, stroke volume and cardiac output?</p> <p style="text-align: center;"><a href="#">Assessment 2: Up to and including CV system</a></p> <p>Can I correctly identify key components of the respiratory system?</p> <p>Can I describe the pathway of the air into the body?</p> <p>Can I describe the roles of the diaphragm and intercostal muscles in breathing?</p> <p>Can I describe the relationship between tidal volume, breathing rate and minute ventilation?</p> <p>Can I define the terms aerobic and anaerobic?</p> <p style="text-align: center;"><a href="#">Assessment 3: Up to and including respiratory system</a></p> <p>Can I describe various short and long term effects of exercise?</p> <p>Can I describe the impact of these effects on sporting performance?</p> <p style="text-align: center;"><a href="#">CFU 2: Effects of exercise</a></p>	<p><b>Big questions:</b></p> <p>Can I define each component of fitness and accurately describe the associated tests?</p> <p>Can I accurately apply knowledge of components of fitness to relevant sporting examples?</p> <p style="text-align: center;"><a href="#">Assessment 4: Up to and including components of fitness</a></p> <p>Can I describe the different types of training and give examples of sports that would benefit from each one?</p> <p>Can I explain the key components of warm up and a cool down?</p> <p>Can I state the benefits of both a warm-up and cool-down?</p> <p style="text-align: center;"><a href="#">CFU 3: Principles of training</a></p> <p>Can I explain how the risk of injury can be minimized?</p> <p>Can I identify a range of hazards in various sporting or physical activity environments?</p> <p style="text-align: center;"><a href="#">Assessment 5: Up to and including preventing injury</a></p> <p>Can I draw and label all 3 types of lever system?</p> <p>Can I give a sporting example to help describe all 3 lever systems?</p> <p>Can I describe all 3 planes of movement, giving examples from sport to help explain the types of movement involved?</p> <p>Can I describe the 3 axes of rotation giving a sporting example for each?</p> <p style="text-align: center;"><a href="#">CFU 4: Movement analysis</a></p>	<p><b>Big questions:</b></p> <p>Can I identify areas of strength and areas for development from Paper 1?</p> <p>Can I effectively apply my knowledge of paper 1 topics to answer a range of exam questions?</p> <p style="text-align: center;"><a href="#">Assessment 6: Whole of paper 1</a></p> <p>Can I identify the current participation guidelines in the UK across various age groups?</p> <p>Can I describe current trends in participation in physical activity and sport across various social groups?</p> <p>Can I describe the factors that affect participation in physical activity and sport?</p> <p>Can I explain current strategies to improve participation?</p> <p style="text-align: center;"><a href="#">CFU 5: Engagement Patterns</a></p> <p>Can I define the term commercialisation and explain the term 'Golden Triangle'?</p> <p>Can I describe the positive and negative effects of the media on the commercialisation of sport?</p> <p>Can I describe the positive and negative effects of sponsorship on the commercialisation of sport?</p> <p style="text-align: center;"><a href="#">Assessment 7: Engagement patterns and commercialisation</a></p>	<p><b>Big questions:</b></p> <p>Can I define the terms sportsmanship, gamesmanship and deviance?</p> <p>Can I describe, using examples from sport, the difference between sportsmanship, gamesmanship and deviance?</p> <p>Can I identify 3 main types of drugs used in sport and explain the effects of these on performance, as well as why athletes may take the drugs?</p> <p>Can I provide examples of violence in sport and reasons why it might occur?</p> <p style="text-align: center;"><a href="#">Assessment 8: Up to and including ethical &amp; socio-cultural issues</a></p> <p>Can I describe the characteristics of a skilful movement and give relevant sporting examples?</p> <p>Can I describe how skills are classified using the environmental and difficulty continuums?</p> <p>Can I explain why sports performers set goals?</p> <p>Can I define SMART goal setting and apply this knowledge to practical examples?</p> <p style="text-align: center;"><a href="#">CFU 6: Sports Psychology</a></p> <p>Can I describe a range of mental preparation techniques and explain why athletes may use these?</p> <p>Can I describe types of guidance and explain advantages and disadvantages of each type?</p> <p>Can I define different types of feedback and apply them to practical examples?</p> <p style="text-align: center;"><a href="#">Assessment 9: Up to and including sports psychology</a></p>	<p><b>Big questions:</b></p> <p>Can I state the similarities and differences between health, fitness and well-being?</p> <p>Can I describe the benefits of physical activity and consequences of a sedentary lifestyle?</p> <p>Can I define a balanced diet and state all key components?</p> <p>Can I explain the impact of diet and hydration on performance?</p> <p style="text-align: center;"><a href="#">Assessment 10: Up to and including diet, fitness and well-being</a></p> <p>Can I identify areas of strength and areas for development from Paper 2?</p> <p>Can I effectively apply my knowledge of paper 2 topics to answer a range of exam questions?</p> <p style="text-align: center;"><a href="#">Assessment 11: Whole of paper 2</a></p>

## Curriculum Map – GCSE PE Early Entry Course

Practical

Various practical sports to be completed throughout both years, running concurrently with theory topics. Students to be assessed in line with GCSE PE Practical Sports criteria.

10EE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<b>Topic titles:</b> -Coursework	<b>Topic titles:</b> -Coursework	<b>Topic titles:</b> -Paper 1/2 revision	<b>Topic titles:</b> -Paper 1/2 revision	<b>Topic titles:</b> Exam preparation	<b>Topic titles:</b> Roll over
	<b>Big questions:</b> Can I evaluate which components of fitness are strengths and weaknesses? Can I justify my conclusions?  Can I produce a fully justified analysis of the importance of the different components of fitness for my chosen activity?  Can I provide an overview of key skills/tactics needed to be an effective performer?  Can I give an accurate and thorough assessment of my own strengths and weaknesses of my skills in my chosen activity	<b>Big questions:</b> Can I give a detailed and accurate analysis of a particular movement in my chosen sport?  Can I produce an action plan which includes the following: -Clear identification of the skills and components of fitness being targeted based on their personal areas for development -Clear application of the principles of training to the action plan -A range of detailed drills/practices with coaching points -A range of SMART goals	<b>Big questions:</b> -Can I recall and demonstrate key knowledge across a range of systems and paper 1 content? -Can I apply my knowledge and understanding to the factors that underpin sporting performance? -Can I analyse and evaluate the factors that underpin sporting performance? -Can I demonstrate and apply relevant skills and techniques at a practical moderation?  <p style="text-align: center;"><b>Paper 1 assessment &amp; Paper 2 assessment (Mock)</b></p>	<b>Big questions:</b> -Can I recall and demonstrate key knowledge across a range of systems and paper 2 content? -Can I apply my knowledge and understanding to the factors that underpin sporting performance? -Can I analyse and evaluate the factors that underpin sporting performance? -Can I demonstrate and apply relevant skills and techniques at a practical moderation?  <p style="text-align: center;"><b>Paper 1 assessment &amp; Paper 2 assessment (Mock)</b></p>	<b>Big questions:</b> -Can I use mock exams to identify areas of strength and areas for development? -Can I devise a range of effective revision strategies to build confidence in Paper 1 and Paper 2 content?  <p style="text-align: center;"><b>Mock exam papers/questions</b></p>	<b>N/A: Students start new options</b>