

Curriculum Map – GCSE PE Long Course

9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer1	Summer 2
	<p>Topic titles: -Skeletal system -Muscular system</p>	<p>Topic titles: -Cardiovascular system</p>	<p>Topic titles: -Respiratory system</p>	<p>Topic titles: -Effects of exercise -Components of fitness</p>	<p>Topic titles: -Principles of training -Preventing injury</p>	<p>Topic titles: -Movement analysis -Paper 1 revision / assessment</p>
	<p>Big questions: <i>Why is the Skeletal system important for sport and physical activity?</i></p> <p>Components: Can I name and give the location of the major bones in the body? Can I state the functions of the skeleton? Can I label a diagram of a synovial joint and name the functions of ligaments, tendons and cartilage? Can I identify the correct type of joint movement using sporting examples?</p> <p style="text-align: center;"><u>CFU 1: Skeletal only</u></p> <p>Big questions: <i>Why is the muscular system important for sport and physical activity?</i></p> <p>Components: Can I name and give the location of the major muscles in the body? Can I define an agonist, antagonist and fixator? Can I name the movements types that occur at different joints with sporting examples?</p> <p style="text-align: center;"><u>Assessment 1: Skeletal and muscular systems</u></p>	<p>Big questions: <i>Why is the cardiovascular system important for sport and physical activity?</i></p> <p>Components: Can I name and describe differences between the 3 types of blood vessel? and can I explain the 'double' circulatory system? Can I accurately label different chambers of the heart and can I describe the pathway of blood through the heart and around the body? Can I describe the relationship between heart rate, stroke volume and cardiac output?</p> <p style="text-align: center;"><u>Assessment 2: Up to and including CV system</u></p>	<p>Big questions: <i>Why is the respiratory system important for sport and physical activity?</i></p> <p>Components: Can I correctly identify key components of the respiratory system and describe the pathway of the air into the body? Can I describe the roles of the diaphragm and intercostal muscles in breathing? Can I describe the relationship between tidal volume, breathing rate and minute ventilation? Can I define the terms aerobic and anaerobic?</p> <p style="text-align: center;"><u>Assessment 3: Up to and including respiratory system</u></p>	<p>Big questions: <i>What are short/long-term effects of exercise?</i></p> <p>Components: Can I describe various short - term effects of exercise and the impact on sporting performance? Can I describe various long - term effects of exercise and the impact on sporting performance?</p> <p style="text-align: center;"><u>CFU 2: Effects of exercise</u></p> <p>Big questions: <i>What are components of fitness?</i></p> <p>Components: Can I define each component of fitness and accurately apply knowledge to relevant sporting examples? Can I accurately describe the associated tests of component of fitness?</p> <p style="text-align: center;"><u>Assessment 4: Up to and including components of fitness</u></p>	<p>Big questions: <i>What are principles of training?</i></p> <p>Components: Can I describe the different types of training and give examples of sports that would benefit from each one? Can I define the principles of training and apply these to sporting examples? Can I explain the key components and benefits of warm up and a cool down?</p> <p style="text-align: center;"><u>CFU 3: Principles of training</u></p> <p>Big questions: <i>How do we prevent injury and why is it important for athletes?</i></p> <p>Components: Can I explain how the risk of injury can be minimised and identify a range of hazards in physical activity environments?</p> <p style="text-align: center;"><u>Assessment 5: Up to and including preventing injury</u></p>	<p>Big questions: <i>How do levers, axis and planes influence sport and physical activity?</i></p> <p>Components: Can I draw and label all 3 types of lever system? Can I identify what mechanical advantage is? Can I describe all 3 planes of movement, giving examples from sport to help explain the types of movement involved?</p> <p style="text-align: center;"><u>CFU 4: Movement analysis</u></p> <p>Big questions: <i>How do I revise effectively?</i></p> <p>Components: Can I effectively apply my knowledge of paper 1 topics to answer a range of exam questions? Can I identify areas of strength and areas for development from Paper 1?</p> <p style="text-align: center;"><u>Assessment 6: Whole of paper 1</u></p>
Practical	<p>Various practical sports to be completed throughout all years, running concurrently with theory topics. Students to be assessed in line with GCSE PE Practical Sports criteria.</p>					

Curriculum Map – GCSE PE Long Course

10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Topic titles: -Engagement patterns -Commercialisation of physical activity and sport</p>	<p>Topic titles: -Ethical & socio-cultural issues</p>	<p>Topic titles: -Sports psychology</p>	<p>Topic titles: -Diet & nutrition -Health, fitness and well-being</p>	<p>Topic titles: -Paper 2 revision -Paper 2 assessment</p>	<p>Topic titles: -Coursework</p>
	<p>Big questions: <i>What are engagement patterns and what are the current engagement patterns in the UK?</i> Can I identify the current participation guidelines in the UK across various age groups and describe the factors that affect participation in physical activity and sport? Can I explain current strategies to improve participation? <u>CFU 5: Engagement Patterns</u> Big questions: <i>What is commercialisation and how has sport become commercialised?</i> Can I define the term commercialisation, sponsorship and explain the term 'Golden Triangle'? Can I describe the positive and negative effects of the media on the commercialisation of sport? Can I describe the positive and negative effects of sponsorship on the commercialisation of sport? <u>Assessment 7: Engagement patterns and commercialisation</u></p>	<p>Big questions: <i>What are ethics and when are seen in sport and physical activity?</i> Can I define and describe the difference between the term's sportsmanship, gamesmanship and deviance and identify practical examples? 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? Can I provide examples of violence in sport and reasons why it might occur?</p> <p><u>Assessment 8: Up to and including ethical & socio-cultural issues</u></p>	<p>Big questions: <i>How is sports psychology used in sport and physical activity?</i> Can I describe the characteristics of a skilful movement and give relevant sporting examples? Can I describe how skills are classified using the environmental and difficulty continuums? Can I explain why sports performers set goals and can I define SMART goals? <u>CFU 6: Sports Psychology</u> Can I describe a range of mental preparation techniques and explain why athletes may use these? Can I describe types of guidance and explain advantages and disadvantages of each type? Can I define different types of feedback and apply them to practical examples?</p> <p><u>Assessment 9: Up to and including sports psychology</u></p>	<p>Big questions: <i>What is a balanced, active, healthy lifestyle?</i> Can I state the similarities and differences between health, fitness and well-being? Can I describe the benefits of physical activity and consequences of a sedentary lifestyle? Can I define a balanced diet and state all key components and explain the impact of diet and hydration on performance?</p> <p><u>Assessment 10: Up to and including diet, fitness and well-being</u></p>	<p>Big questions: <i>How do I revise effectively?</i> Can I effectively apply my knowledge of paper 2 topics to answer a range of exam questions? Can I create a range of effective revision resources for Paper 2 topics?</p> <p><u>Assessment 11: Whole of paper 2</u></p>	<p>Big questions: Can I apply a range of knowledge to effectively analyse and evaluate a sporting performance? 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? Can I provide an accurate movement analysis for a skill in my chosen sport? Can I create a detailed action plan to include: -Skill/component to be improved -Application of principles of training -A range of drills/practices with coaching points -Application of SMART goals</p>

Curriculum Map – GCSE PE Long Course

11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Topic titles: -Coursework	Topic titles: -Coursework	Topic titles: -Paper 1/2 revision	Topic titles: -Paper 1/2 revision	Topic titles: Exam preparation	Topic titles: -Roll over
	<p>Big questions: Can I apply a range of knowledge to effectively analyse and evaluate a sporting performance? 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? Can I provide an accurate movement analysis for a skill in my chosen sport? Can I create a detailed action plan to include: -Skill/component to be improved -Application of principles of training -A range of drills/practices with coaching points -Application of SMART goals</p>	<p>Big questions: Can I apply a range of knowledge to effectively analyse and evaluate a sporting performance? 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? Can I provide an accurate movement analysis for a skill in my chosen sport? Can I create a detailed action plan to include: -Skill/component to be improved -Application of principles of training -A range of drills/practices with coaching points -Application of SMART goals</p>	<p>Big questions: Can I recall and apply my knowledge of paper 1 concepts to a range of questions? 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? Paper 1 assessment & Paper 2 assessment (Mock)</p>	<p>Big questions: Can I recall and apply my knowledge of paper 2 concepts to a range of questions? 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? Paper 1 assessment & Paper 2 assessment (Mock)</p>	<p>Big questions: Can I recall and apply my knowledge of paper 1 and paper 2 concepts to a range of past papers? 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? Mock exam papers/questions</p>	<p>N/A: Students leave after examinations.</p>