



GCSE PE CURRICULUM MAP

EXAMS

Paper 1 Revision, exam practice Paper 2 Revision, exam practice NEA moderation preparation	Paper 1 Revision, exam practice Paper 2 Revision, exam practice NEA moderation preparation	Paper 1 Revision, exam practice Paper 2 Revision, exam practice Practical
Paper 1 Movement analysis Paper 2 Socio-cultural Influences Part 2 Practical	EXAMS	

FURTHER STUDY

- A-level Physical Education
- Btec Sport National Diploma
- Physiotherapy
- A-level Sports Science
- Sports Studies
- Sports Journalism.

CAREER PATHS

- Professional Sportsperson
- Analyst
- Sport Scientist
- PE Teacher
- Coach
- Journalism & Broadcasting
- Marketing
- Sports Nutrition
- Sports and Leisure Management

SKILLS

- Analysis
- Practical
- Communication
- Cultural understanding
- Literacy
- Organisation
- Problem solving
- Evaluation

INTEREST

- Sport
- Exercise
- Health
- Fitness
- Performance Analysis

YEAR 11

Paper 1 Physical training Part 4. Paper 2 Socio-cultural influences. Practical	Paper 1 Physical training Part 3. NEA written coursework. Practical	Paper 1 Physical training Part 2. Paper 2 Energy use, diet and nutrition Practical	Paper 1 Physical training Paper 2 Health, fitness and well-being. Practical	Paper 1 Anaerobic and Aerobic exercise. Paper 2 Sports psychology Part 3 Practical
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What are the problems associated with a sedentary lifestyle?

End of Year Assessment

YEAR 10

Consequences of a sedentary lifestyle.	Diet and nutrition.	Paper 1 Musculoskeletal system. Paper 2 Sports psychology Practical	Paper 1 Cardio-respiratory system. Paper 2 Sports psychology Part 2 Practical
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The start of your first GCSE unit

ASK: What can a performer do to stay safe when training?

YEAR 9

Why do we warm up and cool down?	Evaluating and improving performance	Intensity of training.	Safety when training.
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End of Year Assessment

End of Year Assessment

YEAR 8

ASK: Why do performers need a combination of fitness components?	Fitness testing.	Selecting and applying appropriate skills and tactics	Types of training
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ASK: Why do performers need a combination of fitness components?

ASK: What are the ten components of fitness?

Preparation Work.

YEAR 7

ASK: Why do performers need a combination of fitness components?	What is fitness?	Acquiring and developing skills	
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A01 Demonstrate knowledge & understanding of the factors that underpin performance and involvement in physical activity and sport.	A02 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.	A03 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.	A04 Demonstrate and apply relevant skills and techniques.
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