

KS4 GCSE PE Curriculum Map

	Paper 1: The human body and movement in physical activity and sport	Paper 2: Socio-cultural influences and well-being in physical activity and sport	NEA: Practical performance in physical activity and sport
	30% of GCSE	30% of GCSE	40% of GCSE
Areas of focus	<ul style="list-style-type: none"> Applied anatomy and physiology Movement analysis Physical training Use of data 	<ul style="list-style-type: none"> Sports psychology Socio-cultural influences Health, fitness and well-being Use of data 	<ul style="list-style-type: none"> Practical performance in three different physical activities (team and individual activities required) Analysis and evaluation of performance to bring about improvement in one activity
Knowledge and skills	<p>3.1.3 Physical Training</p> <p>Health and fitness The relationship between health and fitness The components of fitness Linking sports and physical activity to the required components of fitness Reasons for and limitations of fitness testing Measuring the components of fitness Demonstration of how data are collected for fitness testing</p>	<p>3.2.1 Sports Psychology</p> <p>Skills and abilities Classification of skill Classify and justify all 4 continua Open/closed Gross/fine Self-paced/externally paced Basic/complex Performance/outcome goals Goal setting – using SMART targets Information processing Input/decision making/output/feedback Guidance methods Visual/verbal/manual/mechanical Best practice</p>	<p>Analysis</p> <p>Intro – who is being observed (maybe yourself) and what sport, position played and league (school league, local league)</p> <p>Component of Fitness Strength (eg Agility) – Definition, Test for it, why is it important, 3 examples when used well</p> <p>Skill Strength (eg bounce pass in Netball) – Classification (eg open or closed etc), why is it important, 3 examples when used well</p> <p>Component of Fitness Weakness (eg cardiovascular endurance or speed) – Definition, test for it, why important, 3 examples when it was seen as a weakness</p> <p>Skill Weakness (eg, marking or footwork) – Classification, why is it important, 3 examples when it was seen as a weakness</p>
GCSEpod Codes:	PE-07-001; PE-08-001; PE-08-002; PE-08-003; PE-08-004; PE-08-005; PE-08-006; PE-08-007	PE-16-001; PE-16-002; PE-16-003; PE-16-004 PE-16-005	
MID-UNIT Assessment	<p>The principles of training and overload Application of principles of training Types of training Identification of advantages and disadvantages of training types linked to specific aims Calculating intensities to optimise training effectiveness Considerations to prevent injury Specific training techniques – high altitude training as a form of aerobic training Seasonal aspects Warming up and cooling down Use of data- qualitative and quantitative</p>	<p>Arousal Inverted U theory Challenging theories Arousal control methods Visualisation Mental Rehearsal Imagery Deep breathing Positive self-talk Direct/indirect aggression Personality types, characteristics and sports choices Extrinsic/intrinsic motivation</p>	
End of Unit Assessment	Full Coverage of Unit	Full Coverage of Unit	
GCSEpod Codes:	PE-09-001; PE-10-001; PE-10-002; PE-10-003; PE-10-004; PE-10-005; PE-10-006; PE-10-007; PE-10-008; PE-11-001; PE-12-001; PE-13-001; PE-14-001	PE-16-006; PE-16-007; PE-16-008; PE-16-009	

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Knowledge and skills	<u>3.1.1 Applied anatomy and physiology</u> Bones Structure of the skeleton Functions of the skeleton Muscles of the body Structure of a synovial joint Types of freely movable joints that allow different movements How joints differ in design to allow certain types of movement at a joint How major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints Structure of the heart The cardiac cycle and the pathway of the blood Cardiac output, stroke volume and heart rate	<u>3.2.2 Socio-cultural Influences</u> Engagement patterns of different social groups and the factors affecting participation Gender Race/religion/culture Age Family/friends/peers Disability Commercialisation Golden Triangle The relationship between sport, sponsorship and the media Types of sponsorship and the media Positive and negative impacts of sponsorship and the media Positive and negative impacts of technology	<u>Evaluation</u> Method of training - selected to improve the Component of Fitness Weakness and why Example session – one of the training sessions outlined in detail with warm up, main activity, appropriate clothing and safety, cool down Development - How the training programme would develop over a period of weeks to improve the fitness, using SPORT and FITT Theory - Theory used to improve skill weakness (one area from Paper 2). This is usually by using the information processing model, arousal and management techniques or by using SMART targets.
GCSEpod Codes:	PE-01-001; PE-01-002; PE-01-003; PE-01-004; PE-01-005; PE-02-002; PE-02-003	PE-17-001; PE-17-002; PE-17-003; PE-17-004; PE-17-005; PE-17-006; PE-17-007	
MID-UNIT Assessment	The pathway of air Gaseous exchange Blood vessels Mechanics of breathing Interpretation of a spirometer trace Understanding aerobic and anaerobic exercise Practical examples of aerobic and anaerobic exercise EPOC/ Oxygen debt The recovery process from vigorous exercise Immediate effects of exercise Short-term effects of exercise Long-term effects of exercise	Conduct of performers Etiquette /Sportsmanship/Gamesmanship Contract to compete Prohibited substances – PEDs Stimulants /Narcotics /Anabolic Agents Peptide Hormones /Diuretics /Blood doping Positive and negative effects on particular sports Advantages/disadvantages Side effects Spectator behaviour Why hooliganism occurs Strategies to help combat	
End of Unit Assessment	Full Coverage of Unit	Full Coverage of Unit	
GCSEpod Codes:	PE-02-001; PE-02-004; PE-02-005; PE-02-006; PE-03-001; PE-03-002; PE-03-003; PE-04-001; PE-04-002	PE-18-001; PE-18-002; PE-18-003; PE-18-004; PE-18-005; PE-18-006; PE-18-007	

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Knowledge and skills	3.1.2 Movement Analysis First, second and third class lever systems within sporting examples Mechanical advantage Analysis of basic movements in sporting examples Identification of the relevant planes and axes of movement whilst performing sporting actions	3.2.3 Health, Fitness and Well-being Physical, emotional and social health, fitness and well-being Consequences of a sedentary lifestyle Obesity and its negative impact on: Sporting performance Physical health, Mental health, Social health, Somatotyping, Endomorph, Ectomorph, Mesomorph, Sporting advantages, Energy use, Calorific intake, Energy expenditure	Practical performance in three different physical activities (team and individual activities required)
GCSEpod Codes:		PE-20-001; PE-20-002: PE-19-001	
MID-UNIT Assessment		Nutrition Balanced diet Food groups Water balance	
End of Unit Assessment	Full Coverage of Unit	Full Coverage of Unit	
GCSEpod Codes:	PE-05-001; PE-05-002; PE-06-001	PE-47-001; PE-47-002	