

Department Curriculum Map 2023-24



Department Physical Education

Skills required in Year 11 – GCSE Physical Education

AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

AO3 – Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.




AO4 – Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.




Year	AUT1	AUT2	SPR1	SPR2	SUM1	SUM2	Secured
Yr11 - GCSE Skills Covered	(AO1, AO2, AO4)	(AO1, AO2, AO4)	(AO1, AO2, AO3, AO4)	(AO1, AO2, AO3, AO4)	(AO1, AO2, AO4)	EXAMS	<i>Students can recall and communicate knowledge and understanding of factors that affects performance in physical activity. They can explain the effects of exercise and activity on emotional, social and mental health. They are able to plan and execute exercise safely and can demonstrate the ability to select and apply skills, techniques and tactics effectively.</i>
Theme/ Focus/ Content	<p><u>Component 2 – Health and Performance</u></p> <ul style="list-style-type: none"> Physical health and well-being. Emotional and social health. Lifestyle choices. Sedentary lifestyle consequences. Optimum weight and energy balance. 	<p><u>Component 2 – Health and Performance</u></p> <ul style="list-style-type: none"> Types of practice. SMARTER goal setting. Types of guidance and feedback. Participation and socio-economic influences within sport. Commercialisation. Socio-economic graph analysis. 	<p><u>Component 1/2 – Revision</u></p> <ul style="list-style-type: none"> Body systems Physical Training Exam practice/ techniques Health Diet and nutrition Sport psychology and sociology <p><u>Component 3 – Practical Performance</u></p>	<p><u>Component 1/2 – Revision and exam preparation</u></p> <ul style="list-style-type: none"> GAP analysis and retrieval practice <p><u>Component 3 – Practical Performance</u></p> <ul style="list-style-type: none"> GCSE Exam/moderation for practical performance. 	<p><u>Components 1 and 2</u></p> <ul style="list-style-type: none"> GAP analysis revision. Mock assessment practice. 		




	<ul style="list-style-type: none"> Skill classification. Diet and nutrition 	<ul style="list-style-type: none"> Sportsmanship/ gamesmanship. Analysing data in sport. Component 2 Mock Paper <p>Component 3 – Practical Performance</p> <ul style="list-style-type: none"> Sport 2 (team) – skills, techniques 	<ul style="list-style-type: none"> Sport 1 (individual) – skills, techniques and tactics. Sport 2 (team) – skills, techniques and tactics. Sport 3 (option). 	<p>Component 1 – Fitness and Body Systems</p> <ul style="list-style-type: none"> Mock assessment and revision (components of fitness, principles and methods of training and body systems) 			<p><i>They are able to self- and peer-evaluate performance to identify strengths and areas for development. They are able to plan strategies to facilitate improvement.</i></p>
Assessment	<p>Mock exam practice (component 2) (a)</p> <p>Homework: C1 synoptic and topical.</p>	<p><u>Mock exams timetable:</u> Component 1 exam (105 minutes) Component 2 exam (75 minutes)</p> <p>Homework: C2 end of topic assessments and C1 – body systems retrieval practice.</p>	<p>Practical exam – mock moderation (3 sports) Mock exam practice (component 2) (b)</p> <p>Homework: C1 – physical training, fitness and movement analysis and C2 synoptic.</p>	<p><u>GCSE External Practical Moderation:</u> Component 3</p> <p>Homework: C1/ C2 exam practice questions.</p>	<p><u>GCSE Exams:</u> Component 1: 105 minutes. Component 2: 75 minutes</p> <p>Homework: final exam preparation for C1/ C2.</p>		
Yr 10 - GCSE Skills Covered	(AO1, AO2, AO3)	(AO1, AO2, AO3)	(AO1, AO2, AO3)	(AO1, AO2, AO4)	(AO1, AO2, AO3, AO4)	(AO1, AO2, AO3, AO4)	<p><i>Describe and explain the key concepts with regards to exercise and physical activity. Select and apply the appropriate skills, techniques and tactics in a range of team and individual sports. Plan, delivery and perform exercise safely and effectively in order to improve personal fitness. Be able to analyse and evaluate the impact of a short-term personal exercise</i></p>
Theme/ Focus/ Content	<p>Component 1 – Fitness and Body Systems</p> <ul style="list-style-type: none"> Body systems: skeletal system, muscular system, cardiovascular system. Component 1 mock 	<p>Component 1 – Fitness and Body Systems</p> <ul style="list-style-type: none"> Body systems: cardiovascular system, respiratory system. Aerobic and anaerobic energy production. Short- and long-term effects of 	<p>Component 1 – Fitness and Body Systems</p> <ul style="list-style-type: none"> Health-related fitness/ skill-related components of fitness. Fitness testing and analysis of normative data. 	<p>Component 1 – Fitness and Body Systems</p> <ul style="list-style-type: none"> Methods of training. Warm up/ cool procedures. First Aid and RICE. Performance enhancing drugs analysis. 	<p>Component 4 – Personal Exercise Programme</p> <ul style="list-style-type: none"> Planning, delivery and evaluation of a 6-10-week personal exercise programme designed to 	<p>Component 1 – Fitness and Body Systems</p> <ul style="list-style-type: none"> Movement analysis: lever systems and planes/ axes in sport. Body systems: revision and 	

	<p>assessment and GAP analysis.</p> <p><u>Component 3 – Practical Performance</u></p> <ul style="list-style-type: none"> Team sport performance. 	<p>exercise on the body systems.</p> <p><u>Component 3 – Practical Performance</u></p> <ul style="list-style-type: none"> Team sport performance and analysis 	<ul style="list-style-type: none"> Principles of training. <p><u>Component 3 – Practical Performance</u></p> <ul style="list-style-type: none"> Individual sport performance. 	<p><u>Component 3 – Practical Performance</u></p> <ul style="list-style-type: none"> Individual sport performance and analysis. 	<p>improve fitness for sport and physical activity.</p> <p><u>Component 1 – Fitness and Body Systems</u></p> <ul style="list-style-type: none"> Health-related fitness/ skill-related components of fitness. Fitness testing and analysis of normative data. Principles of training. 	<p>physical training revision.</p> <p><u>Component 3 – Practical Performance</u></p> <ul style="list-style-type: none"> Team/ individual sport - application of tactics and tactical performance analysis. 	<p><i>programme for an individual performer.</i></p>
Assessment	<p>Mock practical assessment – team sport 1.</p> <p>Homework: C1 – body systems knowledge acquisition and application.</p>	<p>Component 1 (60-minute mock exam)</p> <p>Homework: C1 – body systems retrieval practice and ST/ LT effects knowledge application.</p>	<p>Component 1 (retest to close gaps)</p> <p>Homework: C1 synoptic (body systems, components of fitness and fitness testing retrieval practice).</p>	<p>Mock practical assessment – individual sport 1.</p> <p>Homework: C1 - Fitness testing knowledge application and PEDs retrieval practice.</p>	<p>Mock practical assessment – individual and team sports 2.</p> <p>Homework: PEP research work and C1 synoptic retrieval practice.</p>	<p>End of year – Component 1 mock exam (90 minutes)</p> <p>Homework: C1 retrieval practice and end of year assessment practice.</p>	

Yr11 - CORE Skills Covered	Analysing performance, selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding.		Analysing performance, selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. Developing an understanding of how to lead and healthy, active lifestyle.		Communication, self-motivation, resilience, leadership and analytical skills.			
Theme/ Focus/ Content	Football, Netball, Tag Rugby, Trampoline, Fitness (multi-gym), Handball. (Girls Sports Leaders)		Badminton, Volleyball, Fitness (Multi-gym), Athletics					
Yr10 CORE Skills Covered	Analysing performance, selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding.		Analysing performance, selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding. Developing an understanding of how to lead and healthy, active lifestyle.		Analysing performance, selecting and applying skills and tactics to outwit opponents. Recall, select and communicate knowledge and understanding.		Communication, self-motivation, resilience, leadership and analytical skills.	
	Football, Netball, Basketball Tag-Rugby Fitness (multi-gym), Hockey.		Badminton, Trampoline, Basketball.		Athletics (100m, 200m, relay, 800m, 1500m, long jump, high jump, javelin, discus, shot)		Striking and fielding (rounders/ cricket/ softball).	

<p>Yr9 CORE Skills Covered</p> <p>5 – Expert 4 – Advanced 3 – Competent 2 – Improver 1 – Beginner</p>	<p style="text-align: center;">ASSESSMENT IN PE</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>HEAD</p> <p>Knowledge Understanding Analysis Feedback Responsibility Rules</p> </div> <div style="text-align: center;">  <p>HEART</p> <p>Communication Leadership Respect Resilience Effort Confidence</p> </div> <div style="text-align: center;">  <p>HANDS</p> <p>Physical Ability Fitness Levels Competitive Technique Tactics Problem Solving</p> </div> </div>				<p>Analysing performance, selecting and applying skills and tactics improve performance in athletics.</p> <p>Recall, select and communicate knowledge and understanding.</p>	<p>Analysing performance, selecting and applying skills and tactics to outwit opponents.</p> <p>Recall, select and communicate knowledge and understanding.</p>	<p>Understanding of rules and regulations within curriculum sports.</p> <p>Level 1-5 with Head, Heart, Hands Curriculum in PE.</p> <p>Head: knowledge, understanding, analysis, feedback, responsibility, rules.</p> <p>Heart: Communication, leadership, respect, resilience, effort, confidence.</p> <p>Hands: physical ability, fitness levels, competitive, technique, tactics, problem solving.</p>
<p>Theme/ Focus/ Content</p>	<p>Netball/Football</p>	<p>Football/Tag-Rugby</p>	<p>Badminton/Trampoline</p>	<p>Handball/Tag Rugby/ Basketball</p>	<p>Athletics</p>	<p>Rounders/Softball/Cricket</p>	

Yr8 CORE Skills Covered	<p>5 – Expert 4 – Advanced 3 – Competent 2 – Improver 1 – Beginner</p> <p style="text-align: center;">ASSESSMENT IN PE</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>HEAD</p> <p>Knowledge Understanding Analysis Feedback Responsibility Rules</p> </div> <div style="text-align: center;">  <p>HEART</p> <p>Communication Leadership Respect Resilience Effort Confidence</p> </div> <div style="text-align: center;">  <p>HANDS</p> <p>Physical Ability Fitness Levels Competitive Technique Tactics Problem Solving</p> </div> </div>				Analysing performance and understanding the skills and techniques required for specific team and individual sports.	Analysing performance and understanding the skills and techniques required for specific team and individual sports.	Understanding of rules and regulations within curriculum sports. Level 1-5 with Head, Heart, Hands Curriculum in PE. <i>Head: knowledge, understanding, analysis, feedback, responsibility, rules.</i> <i>Heart: Communication, leadership, respect, resilience, effort, confidence.</i> <i>Hands: physical ability, fitness levels, competitive, technique, tactics, problem solving.</i>
Theme/ Focus/ Content	Netball/Football	Football/Tag-Rugby	Badminton/Tag Rugby	Handball/ Tag-Rugby/ Basketball	Athletics	Rounders/Cricket	

<p>Yr7 CORE Skills Covered</p> <p>5 – Expert 4 – Advanced 3 – Competent 2 – Improver 1 – Beginner</p>	<p style="text-align: center;">ASSESSMENT IN PE</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>HEAD</p> <p>Knowledge Understanding Analysis Feedback Responsibility Rules</p> </div> <div style="text-align: center;">  <p>HEART</p> <p>Communication Leadership Respect Resilience Effort Confidence</p> </div> <div style="text-align: center;">  <p>HANDS</p> <p>Physical Ability Fitness Levels Competitive Technique Tactics Problem Solving</p> </div> </div>				<p>Analysing performance and understanding the skills and techniques required for specific team and individual sports.</p>	<p>Analysing performance and understanding the skills and techniques required for specific team and individual sports.</p>	<p>Understanding of rules and regulations within curriculum sports.</p> <p>Level 1-5 with Head, Heart, Hands Curriculum in PE.</p> <p>Head: knowledge, understanding, analysis, feedback, responsibility, rules.</p> <p>Heart: Communication, leadership, respect, resilience, effort, confidence.</p> <p>Hands: physical ability, fitness levels, competitive, technique, tactics, problem solving.</p>
<p>Theme/ Focus/ Content</p>	<p>Netball/Football</p>	<p>Football/Tag-Rugby</p>	<p>Gymnastics/ Trampoline</p>	<p>Handball/Basketball</p>	<p>Athletics</p>	<p>Softball/Rounders</p>	