



# 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	<b>EXAMS</b>	

## 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

Paper 1 Physical training Part 4. Paper 2 Socio-cultural influences. Practical	<b>YEAR 11</b>	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

Consequences of a sedentary lifestyle.	Diet and nutrition.	<b>YEAR 10</b>	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?

## End of Year Assessment

Why do we warm up and cool down?	<b>YEAR 9</b>	Intensity of training.	Safety when training.
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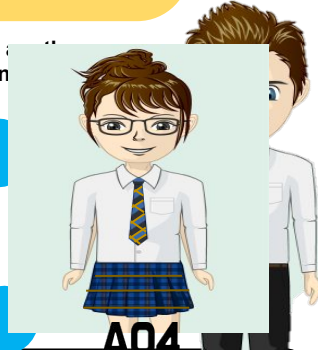
## End of Year Assessment

ASK: Why do performers need a combination of fitness components?	Components of fitness.	Fitness testing.	<b>YEAR 8</b>	Types of training
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Preparation Work.

ASK: What are the ten components of fitness?

What is fitness?	<b>YEAR 7</b>
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<b>A01</b> Demonstrate knowledge & understanding of the factors that underpin performance and involvement in physical activity and sport.	<b>A02</b> Apply knowledge and understanding of the	<b>A03</b> Analyse and evaluate the	<b>A04</b> Demonstrate and apply relevant skills and techniques.
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