

Curriculum Map

Subject: GCSE PE		Exam board: AQA	Quan code: 601/8279/9	Entry code: 8582	Unit codes: 8582/1,8582/2		
Key Stage 4:		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Unit(s): Theory Practical	Structure and function of the musculoskeletal system Hockey	Relationship between health and fitness. Components of fitness. Fitness testing. Football	Anaerobic & aerobic exercise. The short & long term effects of exercise. Movement analysis Climbing	Structure and function of the cardio-respiratory system Badminton	Principles of training. Methods of training. Injury prevention. Altitude training. Athletics	Periodisation. Warm up and cool down. Use of data. Athletics
	Key Skills:	Explaining answers Practical skills	Observations Calculations Practical skills	Presenting Maths Responsibility Practical skills	Explaining answers Discussion Practical skills	Observations Maths Practical skills	Calculations Maths Practical skills
	Assessment	End of unit test – PR 1 End of unit test – Skills & competitive situation	End of unit test – PR 2 End of unit test – Skills & competitive situation	End of unit test – PR 3 End of unit test – Skills & competitive situation	End of unit test – PR 4 End of unit test – Skills & competitive situation	End of unit test – PR 5 End of unit test – Skills & competitive situation	Y10 Exam – Practical and Theory
	Enrichment	After school/ lunchtime clubs Opportunities to work and coach KS3 Links throughout with Biology <i>LORIC –</i> <i>Leadership – leading warm ups and skills practices, umpiring and officiating opportunities, organising inter tutor teams</i> <i>Organisation – help with equipment at beginning and end of the lesson. Bring PE kit for lesson, inter tutor teams</i> <i>Resilience – perseverance at skills and tactics, team play – considering how team can perform better in face of adversity!, beating the weather conditions</i> <i>Initiative – helping others, tactical awareness,</i> <i>Communication – officiating, encouraging others, giving feedback, analysis of performances</i>					

Year 11	Unit(s): Theory Practical	Classification of skills. Goal setting. Information processing. Guidance and feedback. Mental preparation. Hockey & Football	Engagement patterns of different social groups. Commercialisation. Performance analysis	Ethical and socio – cultural issues. Physical, emotional and social well being. Consequences of a sedentary lifestyle. Preparation for practical moderation	Energy, diet, nutrition and hydration.	Revision	N/A
	Key Skills:	Observation Providing evidence Practical skills	Justifying answers Ethics Practical skills	Ethics Planning Practical skills	Planning Revising Explaining answers		
	Assessment	End of unit test – PR1 End of unit test – Skills & competitive situation	Mock exam – Practical and Theory – PR 2	End of unit test – PR3 External practical moderation	Complete full past paper	External theory exams	N/A
	Enrichment	After school/ lunchtime clubs Opportunities to work and coach KS3 Links throughout with Biology <i>LORIC –</i> <i>Leadership – leading warm ups and skills practices, umpiring and officiating opportunities, organising inter tutor teams</i> <i>Organisation – help with equipment at beginning and end of the lesson. Bring PE kit for lesson, inter tutor teams</i> <i>Resilience – perseverance at skills and tactics, team play – considering how team can perform better in face of adversity!, beating the weather conditions</i> <i>Initiative – helping others, tactical awareness,</i> <i>Communication – officiating, encouraging others, giving feedback, analysis of performances</i>					

End of course assessment:

Paper 1 – The human body and movement in physical activity and sport. Written exam 1hr 15mins, 78 marks 30% of GCSE

Paper 2 – Socio – cultural influences and well - being in physical activity and sport. Written exam 1hr 15mins, 78 marks 30% of GCSE

Non-exam assessment: Practical performance in physical activity and sport 40%

Non exam assessment: Practical performance in physical activity and sport (3 sports plus performance analysis). Assessed by teachers, moderated by AQA 100 marks 40% of GCSE.

