



Curriculum Map

Subject: GCSE PE

Year Group: 11

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
Content	<p>Recovery/EPOC. The short and long term effects of exercise.</p> <p>The human body and movement in physical activity and sport First, second and third class levers. Mechanical advantage. Analysis of basic movements in sporting examples. Planes and axes.</p> <p>Engagement patterns and the factors affecting them.</p> <p>NEA athletics</p>	<p>Health and fitness recap, including the relationship between health and fitness. The components of fitness. Linking sports and activities to the required components of fitness. Reasons for and limitations of fitness testing. Measuring the components of fitness and demonstrating how data is collected. The principles of training and overload. Applications of the principles of training</p>	<p>Types of training (continued) with reference to the advantages and disadvantages of using these types for different sports. Calculating intensity. Considerations to prevent injury. High altitude training and seasonal aspects</p> <p>NEA submitted</p>	<p>Warming up and cooling down.</p> <p>Examples of and evaluation of the types of feedback and guidance. Arousal and the Inverted U theory. Application of how optimal arousal has to vary in relation to the skill/stress management techniques. Aggression and personality. Intrinsic and extrinsic motivation.</p>	<p>Commercialisation, sponsorship and the media. Positive and negative impacts of sponsorship and the media. Positive and negative impacts of technology. Conduct of performers and introduction to drugs. Sporting examples of drug taking. Advantages/disadvantages to the performer/the sport of taking PED's. Spectator behaviour and hooliganism, including strategies to combat hooliganism. Revision and exam technique</p>
Skills	<p>Define identify Discuss Explain justify Evaluate Analyse Interpret data apply</p>	<p>Define identify Discuss Explain justify Evaluate Analyse Interpret data apply</p>	<p>Define identify Discuss Explain justify Evaluate Analyse Interpret data apply</p>	<p>Define identify Discuss Explain justify Evaluate Analyse Interpret data apply</p>	<p>Exam technique</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
Key questions	Movement analysis applications to different activities	Apply principles of training to specific examples	How to apply theoretical principles to practical examples	How to apply theoretical principles to practical examples	give reasoned conclusions to evaluate the effectiveness of these strategies.
Assessment	Quiz In class short tests Questions and answer sessions Spelling tests Group work tasks Peer assessments Unit tests / Everlearner assignments NEA practicals	Quiz In class short tests Questions and answer sessions Spelling tests Group work tasks Peer assessments Unit tests / Everlearner assignments NEA draft	Quiz In class short tests Questions and answer sessions Spelling tests Group work tasks Peer assessments Unit tests / Everlearner assignments NEA practicals NEA written	Quiz In class short tests Questions and answer sessions Spelling tests Group work tasks Peer assessments Unit tests / Everlearner assignments	Quiz In class short tests Questions and answer sessions Spelling tests Group work tasks Peer assessments Unit tests / Everlearner assignments
Literacy/ Numeracy/ SMSC/ Character	Spelling / terminology Data Team work Independent work	Spelling / terminology Data Team work Independent work	Spelling / terminology Data Team work Independent work	Spelling / terminology Data Team work Independent work	Spelling / terminology Data Team work Independent work