



## PE Scheme of Learning/Courses/Curriculum Map

	1	2	3	4	5	6
Year 7	A variety of sports completed including Netball, Football, Basketball, Badminton, Gymnastics, Dance, rounders, cricket and athletics Focus on Skills in isolation					
Year 8	A variety of sports completed including Netball, Football, Basketball, badminton, Fitness, Dance, rounders, cricket and athletics Focus on Skills in motion/on the move					
Year 9	A variety of sports completed including Netball, Football, Basketball, Handball, Fitness, Dance, OAA, rounders, cricket and athletics Focus on Skills under pressure					
Year 10	variety of sports completed including Netball, Football, Basketball, Handball, Fitness, OAA, rounders, cricket and athletics Focus on Skills under pressure and tactical awareness					
Year 11	A variety of sports completed including Netball, Football, Basketball, Handball, Fitness, OAA, rounders, cricket and athletics Focus on Skills under pressure, positional and tactical awareness				Examinations	Examinations

## Year 10 GCSE PE Scheme of Learning/Courses/Curriculum Map

Year 10 HT1 topics	Year 10 HT2 topics	Year 10 HT3 topics	Year 10 HT4 topics	Year 10 HT5 topics	Year 10 HT6 topics
<b>Applied Anatomy &amp; Physiology (Paper 1)</b>  Musculoskeletal System Cardio-Respiratory System	Cardio-Respiratory System  Anaerobic & Aerobic exercise  1.Short & Long term effects of exercise  <b>Movement analysis (Paper 1)</b>  Lever Systems	Basic movements Flexion  Planes and axes of movement  <b>Physical Training (Paper 1)</b>  Relationship between health & fitness, and the role of exercise in both	Components of fitness and fitness testing  Principles of training and application  Optimising training and preventing injury	Effective use of warm-up and cool down  Use of data (Paper 1 and 2)  Present Data  <b>Sport Psychology (Paper 2)</b>  The use of Goal Setting and SMART Targets	<b>Practical performance (NEA, Coursework)</b>  Practical performance  Performance analysis assessment

## Year 11 GCSE PE Scheme of Learning/Courses/Curriculum Map

Year 11 HT1 topics	Year 11 HT2 topics	Year 11 HT3 topics	Year 11 HT4 topics	Year 11 HT5 topics	Year 11 HT6 topics
<p>The use of Goal Setting and SMART Targets</p> <p>Basic Information Processing</p> <p>Guidance and Feedback on performance</p>	<p><b>5. Socio-cultural influences (Paper 2)</b></p> <p>Engagement patterns of different social groups</p> <p>Commercialisation of sport</p> <p>Ethical and Socio-cultural issues</p>	<p>Ethical and Socio-cultural issues</p> <p><b>6. Health, Fitness &amp; Wellbeing (Paper 2)</b></p> <p>Physical, emotional and social health, fitness and wellbeing</p> <p><b>NEA ASSESSMENT – 3 PRACTICAL SPORTS</b></p>	<p>Consequences of a sedentary lifestyle</p> <p>Energy use, diet, nutrition and hydration</p>	<p><b>REVISION SCHEDULE PAPER 1</b></p> <p>Applied A&amp;P</p> <p>Movement Analysis</p> <p>Physical Training</p> <p><b>PAPER 2</b></p> <p>Sports Psychology</p> <p>Socio-Cultural</p> <p>Ethical / Cultural Issues</p>	

## Year 10 Sports Studies Scheme of Learning/Courses/Curriculum Map

Title	Year 10 HT1 topics	Year 10 HT2 topics	Year 10 HT3 topics	Year 10 HT4 topics	Year 10 HT5 topics	Year 10 HT6 topics
<p>OCR</p> <p>Cambridge Nationals</p> <p>Sports Science</p>	<p>R186 Sport and the Media</p> <p>The difference sources of media that cover sport</p> <p>Positive effects of the media in sport.</p>	<p>Positive effects of the media in sport.</p> <p>Negative effects of media on sport in relation to spectators and live sport.</p>	<p>R185 – Unit 3 – Sports performance and leadership</p> <p>Performance in two selected activities</p> <p>Tactics, strengths and weaknesses of the sport chosen.</p> <p>Action plan of methods to improve performance weakness including progressive drills</p>	<p>Media Submission</p> <p>Sports drills and progression</p>	<p>Measuring improvements in performance.</p>	<p>Practical assessments Individual and Team Sport</p> <p>Organising and planning a sports activity session</p>

## Year 11 Sports Studies Scheme of Learning/Courses/Curriculum Map

Title	Year 11 HT1 topics	Year 11 HT3 topics	Year 11 HT3 topics	Year 11 HT4 topics	Year 11 HT5 topics	Year 11 HT6 topics
	<p>Risk assessment completion</p> <p>Organisation of a sports session</p> <p>Leading a sports activity session</p>	<p>Reviewing your own performance in planning and leading a sports session.</p> <p>R184 – Contemporary Issues in sport (Exam)</p> <p>Issues which affect participation</p>	<p>R185 Submission</p> <p>the role of sport and promoting values</p> <p>The implications of hosting a major sporting event.</p> <p>Positives and negatives of hosting a major sporting event.</p>	<p>Sporting Values initiative and campaigns</p> <p>The role of the National Governing Bodies</p>	<p>The use of technology in sport</p>	<p>Exam</p>