

Curriculum Map

GCSE PE

Year 10

	What is being learnt?	Remote learning links
Autumn 1	<ul style="list-style-type: none">• Topic 1 Musculoskeletal System<ul style="list-style-type: none">○ Skeleton – Identification, Structure and Function○ Joints – Structure and Function○ Muscles – Identification, Structure and function	<p>https://www.youtube.com/watch?v=j1QsLy8myZI&list=PL2VOuuWnblB0MZ4LbwkudAmFxQr12hdAG&index=5</p> <p>https://www.youtube.com/watch?v=ebnm6EMugBU</p>
Autumn 2	<ul style="list-style-type: none">• Topic 1 Cardio Respiratory System<ul style="list-style-type: none">○ Lungs - Identification, Structure and function, Volumes○ Heart - Identification, Structure and function, $Q=SV \times HR$• Topic 2 Aerobic and anaerobic exercise<ul style="list-style-type: none">○ Equations for/examples of activities• Topic 3 Effects of exercise<ul style="list-style-type: none">○ Immediate/Short/Long term	<p>https://www.youtube.com/watch?v=S0deIWVKFwU</p>

Numerous Everleaner videos for use (can these be accessed directly through TEAMS).

Curriculum Map

GCSE PE

Year 11

	What is being learnt?	Remote learning links
Autumn 1	<ul style="list-style-type: none">• Topic 1 Physical Training<ul style="list-style-type: none">○ Components of fitness○ Fitness testing○ Principles of training○ Injury○ Training seasons• Topic 2 NEA Coursework<ul style="list-style-type: none">○ Strengths & Weaknesses	<p>https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582</p> <p>Links on Teams</p>
Autumn 2	<ul style="list-style-type: none">• Topic 1 NEA Coursework<ul style="list-style-type: none">○ Corrections• Topic 2 Sports psychology<ul style="list-style-type: none">○ Skill & ability○ Goals & target	<p>Links on Teams</p>

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Curriculum Map

A level PE

Year 12

	What is being learnt?	Remote learning links
Autumn 1	<ul style="list-style-type: none">• Psychology<ul style="list-style-type: none">Characteristics of skill and their impact on transfer and practice.<ul style="list-style-type: none">○ Characteristics of skill○ Transfer of Learning○ Methods of presenting practice○ Types of practicePrinciples and theories of learning and performance<ul style="list-style-type: none">○ The stages of learning○ Purposes and types of feedback○ Learning plateau○ Methods of guidance○ Theories of learning• Sport & Society<ul style="list-style-type: none">○ Pre-industrial revolution○ Mob sports○ Post-industrial revolution○ Tennis/football○ Church	<p>https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582</p> <p>Links on Teams</p> <p>Everlearner videos</p>

	<ul style="list-style-type: none"> ○ British Empire ● Anatomy & physiology <ul style="list-style-type: none"> ○ Heart <ul style="list-style-type: none"> Passage of blood through the heart Cardiac conduction system Neural control of the Heart Hormonal control of the Heart Starlings Law of the Heart Stroke volume/heart rate /cardiac output Heart rate response to maximal and submaximal exercise Cardiac output and stroke volume response to exercise Effects of heart disease/ blood pressure/ stroke Effects of cardiovascular drift and venous return Transportation of oxygen Oxygen dissociation curve Redistribution and control of the blood flow Arterio-venous difference 	
Autumn 2	<ul style="list-style-type: none"> ● Psychology <ul style="list-style-type: none"> Principles and theories of learning and performance Information Processing <ul style="list-style-type: none"> ○ Information processing and memory ○ Schema ○ Response time ● Sport & Society 	<p>https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582</p> <p>Links on Teams</p> <p>Everlearner videos</p>

	<ul style="list-style-type: none">○ Amateurs & Professionals○ Media○ Equal opportunities○● Anatomy & Physiology<ul style="list-style-type: none">○ Respiratory system<ul style="list-style-type: none">Review of the structure of the lungsMechanics of breathing/lung volumesGaseous exchangeRegulation of pulmonary ventilation during exerciseImpact of poor lifestyle choices on the respiratory system○ Neuromuscular system<ul style="list-style-type: none">Types of training on pes of muscle fibres- fast and slow twitchEffects of training on fibre typesThe motor unit/ increasing strength of contractionPNF(proprioceptive neuromuscular facilitation)	
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Curriculum Map

A level PE

Year 13

	What is being learnt?	Remote learning links
Autumn 1	<ul style="list-style-type: none">• Sociocultural - Adkins<ul style="list-style-type: none">○ Drugs○ Sport & the Law○ Commercialisation• Sociocultural - Kenaghan<ul style="list-style-type: none">○ Sociology of sport○ Raising participation○ Barriers to participation○ Local and national partners○ Concepts of Physical activity and sport• Sociocultural - Prescott<ul style="list-style-type: none">○ Pre industrial Britain○ Post industrial Britain○ Mob sport○ Class system○ The Church○ Tennis/Football/Athletics○ Wenlock Games• NEA Coursework<ul style="list-style-type: none">○ Analysis of weakness	<p>https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582</p> <p>Links on Teams</p>

	<ul style="list-style-type: none"> ○ Corrective measure 	
Autumn 2	<ul style="list-style-type: none"> ● Sociocultural - Adkins <ul style="list-style-type: none"> ○ Commercialisation ○ Role of Technology ○ Injury ● Sociocultural - Kenaghan <ul style="list-style-type: none"> ○ Development of elite performers in sport ○ Organisations providing support and progression ○ National governing bodies of sport ○ Talent identification ○ World Class Performance Programme ● Sociocultural - Prescott <ul style="list-style-type: none"> ○ Amateurs ○ Professionals ○ Post WW2 ○ Equal Opportunities ● NEA Coursework <ul style="list-style-type: none"> ○ Analysis of Weakness 2 ○ Corrective measure ○ Follow NEA timeline 	Links on Teams

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