

CURRICULUM MAP

Physical Education

**KEY
STAGE** **4**

Y10

Paper 1:1.1a,1.1b,1.1c
(structure and function of the skeletal and muscular systems, movement analysis)
Paper 2: 2.3, 2.2 (health, fitness and well-being, characteristics of skilful movement, classification of skills)

Paper 1:1.1c,1.2b,1.2c
(movement analysis, applying principles of training, preventing injury in PA and training)
Paper 2: 2.2 (goal setting, mental preparation and, types of guidance)

NEA: AEP

Y11

Paper 1:1.1d, 1.1e (effects of exercise on the cardiovascular system)
Paper 2: 2.1a (engagement patterns of different social groups in PA and sports)

Paper 1: 1.1e (effects of exercise on the respiratory system)
Paper 2: 2.1c, 2.1b, 2.3 (commercialisation in sport, ethical and socio-cultural issues in PA and sport, diet and nutrition)

Paper 1: Revision
Paper 2: 2.2 (types of feedback)

Examination period

**KEY
STAGE** **5**

Y12

Paper 1: 1.1a (skeletal and muscular systems), 1.1b (cardiovascular and respiratory systems), 1.1d (environmental effects on the body systems)
Paper 2: 2.1 classification of skills, types of practice, stages of learning, guidance, transfer, learning theories, feedback
Paper 3: 3.1 Pre and post Industrial Britain, 20th & 21st century, public schools

Paper 1:1.1c (energy for exercise)
Paper 2: 2.1 Memory models and personality
Paper 3: 3.1 Globalisation, Olympics, Hosting global sporting events, PEDs

Paper 1: 1.2a (diet and nutrition and their effect on performance), 1.2b (preparation and training methods to improve performance)
Paper 2: 2.2 Attitudes, attribution theory, motivation and audience.
Paper 3: 3.2 Violence and Gambling

Y13

Paper 1: 1.2c (injury prevention and the rehabilitation)
Paper 2: 2.2 Aggression, stress management, group dynamics, goal setting, leadership
Paper 3: 3.2 - Ethics (gambling), athlete development and organisation, modern technology

Paper 1:1.3a (biomechanical principals, levers and the use of technology), 1.3b (linear motion, angular motion, fluid mechanics and projectile motion)
Paper 2: 2.2 Confidence and self-efficacy
Paper 3: 3.2 Commercialisation

Examination period