

PE Curriculum Map

Year 9	Topic - Theory	Skeletal System: 1 - Structure / Label 2 - Functions of the skeletal system 3 - Classification of bones 4 - Classification of joints 5 - Movement possibilities at joints dependant on joint Classification 6 - The role of ligaments and tendons	Muscular System: 1 - Label voluntary muscles 2 - Classification and characteristics of muscle type 3 - Antagonistic pairs 4 - Characteristics of fast and slow twitch muscle fibre types 5 - How the skeletal and muscular systems work together	Cardiovascular System: 1 - Structure of the cardiovascular system 2 - Functions of the cardiovascular 3 - Components of blood 4 - Structure of blood vessels	Respiratory System: 1 - Structure of the respiratory system 2 - Key terms of the respiratory system 3 - Process of gaseous exchange	All Skeletal & Muscular system content.	All Cardiovascular & Respiratory content.
	Topic - Practical	Football, Basketball, Netball, Rugby, Hand Ball, Gymnastics, Swimming, Cross-Country, Badminton & Health Related fitness				Cricket, Rounder's, Short Tennis, Athletics	
	Assessment - Theory	A short written test including multiple choice and 1 & 2 mark questions.	A short written test including multiple choice and 1 & 2 mark questions.	A short written test including multiple choice and 1 & 2 mark questions.	A short written test including multiple choice and 1 & 2 mark questions.	A short written test including multiple choice and 1 & 2 mark questions. This will also include	A short written test including multiple choice and 1 & 2 mark questions. This will also include

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						topics from Autumn 1 & 2.	topics from Autumn 3 & 4.
	Assessment – Practical	This is an ongoing practical assessment throughout schemes of work.					
	PREP	Prep for end of half term theory test	Prep for end of half term theory test	Prep for end of half term theory test	Prep for end of half term theory test	Prep for end of half term theory test	Prep for end of half term theory test
Year 10 – GCSE	Topic	Edexcel GCSE PE Component 1: Section 1 - Anatomy and Physiology	Edexcel GCSE PE Component 1: Section 1 - Anatomy and Physiology	Edexcel GCSE PE Component 1: Section 2 - Movement Analysis	Edexcel GCSE PE Component 1: Section 3 - Physical Training	Edexcel GCSE PE Component 1: Section 3 - Physical Training	Edexcel GCSE PE Coursework PEP
	Assessment	End of unit tests: - Skeletal & Muscular - Cardiovascular & Respiratory	End of component tests: - Anatomy & Physiology	End of component tests: - Movement analysis		End of component tests: - Physical training	Students will sit a full paper 1 for their end of year 10 exams.
	PREP						
Year 11 – GCSE	Topic	Edexcel GCSE PE Coursework PEP	Edexcel GCSE PE Component 2 - Health and Performance: Section 4 - Health, Fitness and Well-being	Edexcel GCSE PE Component 2 - Health and Performance: Section 5 - Sport Psychology	Edexcel GCSE PE Component 2 – Health and Performance: Section 6 - Sport, Society and Culture	Edexcel GCSE PE Revision	
	Assessment		End of component tests:	End of component tests:	End of component tests: - Sports Society	GCSE EXAMS.	

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			- Health & fitness	- Sports Psychology			
	PREP						