# **Physical Education Curriculum Overview 2022-23**

		ımn I	Autu		-	ring 3
		r - October	October -	1		- February
Year 7 - Boys 4 hours per fortnight	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor
	Badminton (SPORTS HALL)	Rugby (FIELD)	Fitness Suite	Football (ASTRO)	Dance/ Trampolining (GYM)	Fitness
	Table Tennis (TT ROOM)	Football (ASTRO)	Dance/ Trampolining (GYM)	Handball (ASTRO)	Badminton (SPORTS HALL)	Fitness
	Fitness Suite	Handball (ASTRO)	Badminton (SPORTS HALL)	Rugby (FIELD)	Table Tennis (TT ROOM)	Fitness
Assessment	Formative and summative assessment for each unit					
	<u>Spr</u>	ing 4	<u>Summer 5</u> March/April - May		Summer 6	
	February -	March/April			May - July	
	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor
	Table Tennis (TT ROOM) Fitness suite	Handball (ASTRO) Rugby	Athletics (SEE ROTA) Athletics	Tennis (ASTRO) Cricket	Athletics (SEE ROTA) Athletics	Cricket (ASTRO) Softball
			(SEE ROTA)	(ASTRO)	(SEE ROTA)	(FIELD)
	Dance/ Trampolining (GYM)	Football	Athletics (SEE ROTA)	Softball (FIELD)	Athletics (SEE ROTA)	(OPEN)
Assessment	Formative and summative assessment for each unit					

	Autu	Autumn I		<u>mn 2</u>	<u>Spr</u>	<u>Spring 3</u>	
	September	- October	October -	October - December		February	
<b>Year 7 - Girls</b> 4 hours per fortnight	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	
	Badminton (SPORTS HALL)	Hockey (ASTRO)	Fitness Suite (DANCE STUDIO)	Netball (BACK COURTS)	Dance (DANCE STUDIO)	Fitness	
	Dance (DANCE STUDIO)	Netball (BACK COURTS)	Trampolining (GYM)	Football (ASTRO)	Badminton (SPORTS HALL)	Fitness	
Assessment	Formative and summative assessment for each unit						
	Spri	ing 4	Sumr	Summer 5		Summer 6	
	February -	March/April	March/Ap	March/April - May		- July	
	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	
	Trampolining (GYM)	Football (ASTRO)	Athletics (SEE ROTA)	Rounders (FIELD)	Athletics (SEE ROTA)	Tennis (ASTRO)	
	Fitness Suite	Hockey (ASTRO)	Athletics (SEE ROTA)	Rounders (FIELD)	Athletics (SEE ROTA)	Cricket (ASTRO)	
Assessment	Formative and summative assessment for each unit						

	Autı	<u>ımn l</u>	Autu	mn 2	<u>Spri</u>	ng 3	
	Septembe	r - October	October -	December	January -	February	
Year 8 - Boys 4 hours per fortnight	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	
	Badminton (SPORTS HALL)	Rugby (FIELD)	Fitness Suite	Football (ASTRO)	Dance/ Trampolining (GYM)	Fitness	
	Table Tennis (TT ROOM)	Football (ASTRO)	Dance/ Trampolining (GYM)	Handball (ASTRO)	Badminton (SPORTS HALL)	Fitness	
	Fitness Suite	Handball (ASTRO)	Badminton (SPORTS HALL)	(OPEN)	Table Tennis (TT ROOM)	Fitness	
Assessment	Formative and summative assessment for each unit						
	<u>Spr</u>	ing 4	<u>Sumr</u>	<u>Summer 5</u>		<u>Summer 6</u>	
	February -	March/April	March/April - May		May - July		
	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	
	Table Tennis (TT ROOM)	Handball (ASTRO)	Athletics (SEE ROTA)	Tennis (ASTRO)	Athletics (SEE ROTA)	Cricket (ASTRO)	
	Fitness suite	Rugby	Athletics (SEE ROTA)	Cricket (ASTRO)	Athletics (SEE ROTA)	Softball (FIELD)	
	Dance/ Trampolining (GYM)	Football	Athletics (SEE ROTA)	Softball (FIELD)	Athletics (SEE ROTA)	(OPEN)	
Assessment	Formative and summative assessment for each unit						

	Autu	<u>Autumn I</u>		<u>ımn 2</u>	Spring 3		
	September	- October	October -	October - December		- February	
Year 8 - Girls 4 hours per fortnight	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	
	Badminton (SPORTS HALL)	Hockey (ASTRO)	Fitness Suite (DANCE STUDIO)	Netball (BACK COURTS)	Dance	Fitness	
	Dance (DANCE STUDIO)	Netball (BACK COURTS)	Trampolining (GYM)	Football (ASTRO)	Badminton (SPORTS HALL)	Fitness	
	Fitness Suite	Football (FIELD)	Dance (GYM)	Hockey (ASTRO)	Trampolining (GYM)	Fitness	
Assessment	Formative and summative assessment for each unit						
	<u>Spri</u>	ing 4	Sum	Summer 5		<u>Summer 6</u>	
	February -	March/April	March/A	March/April - May		May - July	
	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	
	Trampolining (GYM)	Football (ASTRO)	Athletics (SEE ROTA)	Rounders (FIELD)	Athletics (SEE ROTA)	Tennis (ASTRO)	
	Fitness Suite	Hockey (ASTRO)	Athletics (SEE ROTA)	Rounders (FIELD)	Athletics (SEE ROTA)	Cricket (ASTRO)	
	Badminton (SPORTS HALL)	Netball (BACK COURTS)	Athletics (SEE ROTA)	Tennis (ASTRO)	Athletics (SEE ROTA)	Rounders (FIELD)	
Assessment	Formative and summative assessment for each unit						

	<u>Autumn I</u>		<u>Autu</u>	<u>Autumn 2</u>		Spring 3	
	September	r - October	October -	December	January -	February	
Year 9 - Boys 3 hrs per fortnight	I	2	3	4	5	6	
	Rugby (FIELD)	Badminton (SPORTS HALL)	Football (ASTRO)	Fitness Suite	Fitness	Trampolining (GYM)	
	Football (ASTRO)	Table Tennis (TT ROOM)	Handball (ASTRO)	Trampolining (GYM)	Fitness	Badminton (SPORTS HALL)	
	Handball (ASTRO)	Fitness Suite	Basketball (OUT COURT)	Badminton (SPORTS HALL)	Fitness	Table Tennis (TT ROOM)	
Assessment	Formative and summative assessment for each unit						
		ing 4		Summer 5		<u>ner 6</u>	
	February -	March/April	March/April - May		May - July		
	7	8					
	Handball (ASTRO)	Table Tennis (TT ROOM)	Tennis (ASTRO)	Athletics (SEE ROTA)	Cricket (ASTRO)	Athletics (SEE ROTA)	
	Rugby (FIELD)	Fitness Suite	Cricket (ASTRO)	Athletics (SEE ROTA)	Softball (FIELD)	Athletics (SEE ROTA)	
	Football (ASTRO)	Trampolining (GYM)	Softball (FIELD)	Athletics (SEE ROTA)	(OPEN)	Athletics (SEE ROTA)	
Assessment	Formative and summative assessment for each unit						

	Autu	mn I	Aut	<u>umn 2</u>	<u>Spr</u>	Spring 3	
	September	- October	October -	October - December		January - February	
<b>Year 9 - Girls</b> 3 hrs per fortnight	I	2	3	4	5	6	
	Badminton (SPORTS HALL)	Hockey (ASTRO)	Dance (DANCE STUDIO)	Netball (BACK COURTS)	Fitness Suite	Football (ASTRO)	
	Dance (DANCE STUDIO)	Netball (BACK COURTS)	Badminton (SPORTS HALL)	Football (ASTRO)	Trampolining (GYM)	Handball (ASTRO)	
	Fitness Suite	Football (FIELD)	Badminton (SPORTS HALL)	Hockey (ASTRO)	Dance (DANCE STUDIO)	Tag Rugby (FIELD)	
Assessment	Formative and summative assessment for each unit						
	<b>Spri</b> February - I	_		<u>Summer 5</u> March/April - May		<u>Summer 6</u> May - July	
	8	7	9	10	1 147		
	Trampolining (GYM)	Handball (ASTRO)	Athletics (SEE ROTA)	Rounders (FIELD)	Athletics (SEE ROTA)	Tennis (ASTRO)	
	Fitness Suite	Hockey (ASTRO)	Athletics (SEE ROTA)	Rounders (FIELD)	Athletics (SEE ROTA)	Cricket (ASTRO)	
	Yoga	Netball (BACK COURTS)	Athletics (SEE ROTA)	Rounders (FIELD)	Athletics (SEE ROTA)	(OPEN)	
	Formative and summative assessment for each unit						

			Autu	mn I	Autu	mn <u>2</u>	<u>Spr</u>	ing 3
			September - October		October -	December	January -	February
Year I	0Q		10Q	I0U/R	10Q	I0U/R	10Q	I 0U/R
Q	U	R						
			Badminton	Rugby	Fitness Suite	Football	Table Tennis	Handball
			Fitness Suite	Football	Table Tennis	Handball	Badminton	Rugby
			Table Tennis	Handball	Badminton	Rugby	Fitness Suite	football
			Hockey	Badminton	Netball	Trampolining/Dance	Football	Fitness Suite
			Netball	Trampolining/Dance	Football	Fitness Suite	Hockey	Badminton
			Football	Fitness Suite	Hockey	Badminton	Netball	Trampolining/Dance
Assessn	nent		Formative and	Formative and				
			summative	summative	summative	summative	summative assessment	summative assessment
			assessment for each	assessment for each	assessment for each	assessment for each	for each unit	for each unit
			unit	unit	unit	unit		6 - Z
			Spring 4		Summer 5		Summer 6	
			February - I	March/April	March/Ap	oril - May	May	- July
Q	U	R	OPTION BLOCK	OPTION BLOCK				
					Athletics	Tennis	Athletics	Cricket
					Athletics	Cricket	Athletics	Softball
					Athletics	Softball	Athletics	Short Tennis
					Athletics	Rounders	Athletics	Tennis
					Athletics	Softball	Athletics	Rounders
					Athletics	Short Tennis	Athletics	Rounders
Assessn	nent		Formative and	Formative and				
			summative	summative	summative	summative	summative assessment	summative assessment
			assessment for each	assessment for each	assessment for each	assessment for each	for each unit	for each unit
			unit	unit	unit	unit		

		Autur September		<u>Autur</u> October - I		-	ing 3 - February		
Year I	0U/R		I0U/R	I0U/R	I0Q	I0U/R	I0Q	I0U/R	
Q	U	R					•		
			Badminton	Rugby	Fitness Suite	Football	Table Tennis	Handball	
			Fitness Suite	Football	Table Tennis	Handball	Badminton	Rugby	
			Table Tennis	Handball	Badminton	Rugby	Fitness Suite	football	
			Football	Badminton	Netball	Dance	Handball	Trampolining	
			Netball	Trampolining	Handball	Fitness Suite	Hockey	Badminton	
			Handball (Gym)	Fitness Suite	Hockey	Badminton	Football	Dance	
			Netball	Dance	Football	Trampolining	Handball	Fitness Suite	
Assessr	ment		Formative and	Formative and	Formative and	Formative and	Formative and	Formative and	
			summative	summative	summative	summative	summative assessment	summative assessment	
			assessment for each	assessment for	assessment for each	assessment for	for each unit	for each unit	
			unit	each unit	unit	each unit		7 0 7	
			<u>Spring 4</u>			<u>Summer 5</u>		<u>mer 6</u>	
			February - M		March/April - May		May	ay - July	
			ODTIONS	ADTIONIC					
0	U	R	OPTIONS	OPTIONS			DTL		
Q	U	R	OFTIONS	OPTIONS	Athletics	Tennis	Athletics	Cricket	
Q	U	R	OFTIONS	OPTIONS	Athletics Athletics	Tennis Cricket	Athletics Athletics	Cricket Softball	
Q	U	R	OFTIONS	OPTIONS					
Q	U	R	Hockey	Fitness Suite	Athletics	Cricket	Athletics	Softball	
Q	U	R			Athletics Athletics	Cricket Softball	Athletics Athletics	Softball Short Tennis	
Q	U	R	Hockey	Fitness Suite	Athletics Athletics Athletics	Cricket Softball Rounders	Athletics Athletics Athletics	Softball Short Tennis Tennis	
Q	U	R	Hockey Football	Fitness Suite Dance	Athletics Athletics Athletics Athletics	Cricket Softball Rounders Softball	Athletics Athletics Athletics Athletics	Softball Short Tennis Tennis Rounders	
Q		R	Hockey Football Netball	Fitness Suite Dance Trampolining	Athletics Athletics Athletics Athletics Athletics	Cricket Softball Rounders Softball	Athletics Athletics Athletics Athletics Athletics	Softball Short Tennis Tennis Rounders	
		R	Hockey Football Netball Hockey	Fitness Suite Dance Trampolining Badminton	Athletics Athletics Athletics Athletics Athletics Athletics Athletics	Cricket Softball Rounders Softball Short Tennis	Athletics Athletics Athletics Athletics Athletics Athletics Athletics	Softball Short Tennis Tennis Rounders Rounders	
		R	Hockey Football Netball Hockey Formative and	Fitness Suite Dance Trampolining Badminton Formative and	Athletics Athletics Athletics Athletics Athletics Athletics Formative and	Cricket Softball Rounders Softball Short Tennis Formative and	Athletics Athletics Athletics Athletics Athletics Athletics Formative and	Softball Short Tennis Tennis Rounders Rounders Formative and	

Year IIQ 3 hours per fortnight	Autumi September - 0		<u>Autumn</u> October - Dec		<u><b>Spring 3</b></u> January - Februar	у
1.	Football		Badminton		Table Tennis	
2.	Badminton		Table Tennis		Circuit training	
3.	Netball		Fitness Suite		Badminton	
4.	Trampolining		Dance		Fitness Suite	
Assessment	N/A		N/A		N/A	
	Spring	4	Summe	r <u>5</u>	Summer 6	_
	February - Ma	rch/April	March/April	- May	May - July	6
1.	Option I		Summer Game	•	Athletics/Tennis	
2.	Option 2		Invasion Game		Athletics/Cricket	
3.	Option 3		Summer Game		Athletics/Rounders	
4.	Option 4		Aesthetic		Athletics/Rounders	
Assessment	N/A		N/A		N/A	
Year IIU 3 hours per fortnight	Autumi September - 0		Autumn 2 October - December		Spring 3 January - Februar	YACTA NON VERBA
1.	Football		Badminton		Table Tennis	
2.	Badminton		Table Tennis		Circuit training	
3.	Fitness		Netball		Badminton	
4.	Trampolining		Dance		Fitness Suite	
Assessment	N/A		N/A	<u> </u>	N/A	
	Spring		Summer Manala/Aanil		<u>Summer 6</u>	
	February - Ma	rcn/April	March/April Summer Game	- May	May - July Athletics/Tennis	
2.	Option I Option 2		Invasion Game		Athletics/Cricket	
L.	ТОрион 2		invasion Game		Auffetics/Cricket	

3	Option 3	Summer Game	Athletics/Rounders
<b>.</b> .		Julilie Gaille	/ terriceics/ tearriders

Year IIR 3 hours per fortnight	· · · · · · · · · · · · · · · · · · ·	<u>Autumn I</u> September - October		Autumn 2 October - December		<u>Spring 3</u> January - February	
1.	Table Tennis		Badminton		Fitness Suite		
2.	Rugby		Table Tennis		Indoor Cycling		
3.	Badminton		Fitness Suite		Netball		
4.	Extra (XL)		OPTION		OPTION		
Assessment	N/A		N/A		N/A	602	
	Spring	4	Summer 5		Summer 6		
	February - Ma	rch/April	March/April	- May	May - July		
I.	Option I		Summer Game		Athletics/Tennis		
2.	Option 2		Invasion Game		Athletics/Cricket		
3.	Option 3		Summer Game		Athletics/Rounders		
			HIGH	SCI	HOOL	FACTA NON VERBA	

### OCR SPORTS STUDIES CURRICULUM MAP 2021/23

Year 10	<u>Autumn l</u>	Autumn 2	<u>Spring I</u>
5 hours per fortnight	September - October	October - December	January - February
	R051:Contemporary Issues		R053: Sports leadership
	LOI: Understand the issues, which affect participation.	LO3: Understand the importance of hosting major	-Students will be completing the Sports Leaders Award at
		sporting events.	Leigh Sports Village
	End of LO1 test		- Alongside completing the sports leaders award students
		End of LO3 test (recap 1,2 & 3)	will complete:
	LO2: Know about the role of sporting promoting values.	LO4: Know about the role of National Governing	LOI: Know the personal qualities, styles, roles and
		Bodies.	responsibilities associated with effective
	End of LO2 test (recap   & 2)		
		End of LO4 test (recap 1,2,3 & 4)	
		EXAM- JANUARY	
		RESIT OPPORTUNITY- MAY	

Spring 2	Summer I	Summer 2
February - March/April	March/April - May	May -July
LO2: Be able to plan a sports activity session.	Students will begin to deliver warm up's in primary	LO4: Be able to evaluate own performance in delivering a
	schools. This will continue until May.	sports session.
Work Scrutiny LO1 LO2	LO3: Be able to deliver a sports activity session.	SUBMISSION DATE: RO53/RO52 January 10th
	WITNESS STATEMENT	
	COMPLETE BY: End of May	RE SITS RO52
	Lunchtime revision sessions for re sits in May	Tracking completed & standardisation of unit- JUNE
	students will have been identified for their resit	RO53
		Summer homework/project set- Research for LOI: RO55 or RO56
		*Students will have the opportunity to get involved with ATSA AND KS2 sports events.

# FRED LONGWORTH HIGH SCHOOL



## OCR SPORTS STUDIES CURRICULUM MAP 2021/23

Year II	Autumn I	Autumn 2	Spring I
5 hours per fortnight	September - October	October - December	January - February
	R056-Developing knowledge and skills in outdoor activities	LO2: Understand the value of participating in outdoor activities.	R052: Developing sports skills
	Students will be participating in two outdoor activities over a two-week period.		LOI: Be able to use skills, techniques and tactics/strategies/compositional ideas as an individual performer in a sporting activity.
	<b>LOI:</b> Know about different types of outdoor activities and their provision.		WITNESS STATEMENT SUBMISSION DATE - JANUARY
	<b>LO4:</b> Be able to demonstrate knowledge and skills during outdoor activities.	LO3: Be able to plan an outdoor activity.	LO2: Be able to use skills, techniques and tactics/strategies/compositional ideas as a <b>team</b> performer in a sporting activity
		SUBMISSION DATE-MAY	WITNESS STATEMENT SUBMISSION DATE- FEBRUARY
			602
	<u>Spring 2</u> February - March/April	<u>Summer I</u> March/April - May	<b>Summer 2</b> May -July
	LO3: Be able to officiate in a sporting activity.	Resubmission period for all students to analyse personal trackers to determine which learning objectives can be re submitted	
	WITNESS STATEMENT	FINAL UNIT SUBMISSION TO KAREN- 15th May	
	SUBMISSION DATE - MARCH	ONLY when ALL work is complete and submitted can students participate in practical lessons.	
	<b>LO4:</b> Be able to apply practice methods to support improvement in a sporting activity	REWARDS TRIP!	
	SUBMISSION DATE-APRIL		
	RESUBMISSION DATE- MAY		

### OCR SPORTS STUDIES CURRICULUM MAP 2022/24

Year 10 5 hours per fortnight	<u>Autumn I</u> September - October	Autumn 2 October - December	<u>Spring I</u> January - February
	R187: Increasing awareness of Outdoor & Adventurous Activities.  Topic area 1: Provision for different types of outdoor and adventurous activities in the UK  1.1 The provision available for outdoor and adventurous activities both locally and nationally 1.1.2 Outdoor activity organisations (including NGBs)  Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity  3.4 Demonstrate appropriate skills in outdoor activities	Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities  2.1 Types of equipment to be used for participation 2.2. Types of clothing to be used for participation 2.3 Types of technology that can enhance participation or safety 2.4. Types of terrain and environment	Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity  3.1 Key considerations when planning an outdoor activity in a specified location 3.2 Outdoor activity risk assessment 3.3 Emergency procedures plan  Topic Area 4: Evaluate participation in an outdoor and adventurous activity  4.1 Evaluate participation of outdoor activity 4.2 Evaluate the value of participating in outdoor activities
			Assignment standardisation before submission in June 2023 (Feb ½ term)
	Spring 2 February - March  R185: Performance and leadership in sports activities  Topic Area 1: Key components of performance  1.1 Performance in two selected activities 1.2 Participating in your activities 1.3 Decision-making during performance 1.4 Managing and maintaining performance in individual activities 1.5 Your role and contribution to team activities	Summer I March- May  Topic Area 2: Applying practice methods to support improvement in a sporting activity  2.1 Strengths and weaknesses of sports performance 2.2 Methods to improve performance 2.3 Measuring improvement in performance	Summer 2 May -July  Topic Area 3: Organising and planning a sports activity session  3.1 Organisation of a sports activity session 3.2. Safety considerations when planning a sports activity session 3.3 Objectives to meet the needs of the group  Topic Area 4: Leading a sports activity session 4.1 Organisation of a sports activity session 4.2 Leading a sports activity session

### OCR SPORTS STUDIES CURRICULUM MAP 2022/24

Year II 5 hours per fortnight	Autumn I September - October	Autumn 2 October - December	<u>Spring I</u> January - February
	Topic Area 5: Reviewing your own performance in planning and leading a sports activity session  5.1 Review your leadership of a sports activity session		Assignment standardisation before submission in January 2024 Submit R185: Performance and leadership in sports activities in the January series

Year II	Spring 2	<u>Summer I</u>	Summer 2
5 hours per fortnight	February - March/April	March/April - May	May -July
	Revision/Retrieval/Practice exams/questions	Revision/Retrieval	EXAM

R185: Performance and leadership in sports activities

R184: Contemporary issues in sport

HIGH SCHOOL

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The above two units will run a long at the same time. One unit being taught in Week A and the other in Week B

### **OCR SPORTS STUDIES CURRICULUM MAP 2022-2024**

Year 10 5 hours per fortnight	<u>Spring 2</u> February - March	<u>Summer I</u> March- May	<u>Summer 2</u> May -July
	R184: Contemporary issues in sport  Topic Area I: Issues which affect participation in sport  1.1 User groups 1.2 Possible barriers 1.3 Possible barrier solutions 1.4 Factors which can positively and negatively impact upon the popularity of sport in the UK 1.5 I.5 Emerging/new sports in the UK	Topic Area 2: The role of sport in promoting values  2.1 Sport values  2.2 The Olympic and Paralympic movement  2.3 Sporting values initiative and campaigns  2.4 The importance of etiquette AND sporting behaviour  2.5 The use of Performance Enhancing Drugs (PEDs) in sport	Topic Area 3: The implications of hosting a major sporting event for a city or country  3.1 The features of a major sporting event 3.2 Positive and negative pre-event aspects of hosting a major sporting event 3.3 Potential positive and negative aspects of hosting a major sporting event
	End of unit test I Feedback	End of unit test 2 Feedback	End of unit test 3 Feedback
2023/2024	Autumn I September - October	Autumn 2 October - December	<u>Spring I</u> January - February
	Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their sport  4.1 National Governing Bodies (NGBs)	Topic Area 5: The use of technology in sport 5.1 The role of technology in sport 5.2 Positive and negative effects of the use of technology in sport	
	End of unit test 4 Feedback	End of unit test 5 Feedback	Year II Mock Paper
		HIGH SCH	OOL FACTA NON VERBA

Year II 5 hours per fortnight	<u>Spring 2</u>	<u>Summer I</u>	<u>Summer 2</u>
	February - March/April	March/April - May	May -July
	Revision/Retrieval/Practice exams/questions	Revision/Retrieval	EXAM

### **GCSE PE THEORY CURRICULUM MAP YEAR 10**

Year 10	<u>Autumn I</u>	Autumn 2	Spring I
5 hours per fortnight	September - October	October - December	January - February
3 HOURS OF THEORY	Section I-Applied Anatomy & Physiology	I.2 The structure & function of the muscular system. (AEP) antagonist pairs and the different types of movement by each muscle group.	1.4 The cardiovascular & respiratory systems.
2 HOURS OF PRACTICAL	1.1 The structure & function of the skeletal system.	1.3 Movement analysis (AEP) 4 main joints, range of movement around as joint	END OF UNIT TEST 3
	END OF UNIT TEST I	END OF UNIT TEST 2	1
	<b><u>Spring 2</u></b> February - March/April	<u>Summer I</u> March/April - May	<u>Summer 2</u> May -July
	1.5 The effects of exercise on the body systems.	Section 2- Physical Training	2.3 Preventing injury in physical activity and training. (AEP) Warm up/Cool down/Risk Assessment/Principles of Training)
	END OF UNIT TEST 4	2.1 Components of fitness (AEP) definitions, fitness tests and evaluations	END OF UNIT TEST 7
			AEP – overview of key skills and assessment of skills including x3 strengths and weaknesses.
		END OF UNIT TEST 5	
			I. Students to complete a walk talk of paper one in preparation for the summer homework.
		2.2 Applying the principles of training.	<b>2. Summer homework/project set-</b> complete paper one.
		END OF UNIT TEST 6	3. MOCK paper I

### GCSE PE THEORY CURRICULUM MAP YEAR II

Year II	<u>Autumn I</u>	<u>Autumn 2</u>	Spring I
5 hours per fortnight	September - October	October - December	January - February
3 HOURS OF THEORY	Section 3- Socio-Cultural Influences	Section 4- Sports Psychology	Section 5- Health, Fitness & Well-being
2 HOURS OF PRACTICAL	3.1 Engagement patterns of different social groups	3.3 Ethnical & socio-cultural issues in physical	4.3 Mental preparation
	in activities and sports.	activity & sport	
	3.2 Commercialisation of physical activity & sport	END OF UNIT TEST 8	4.4 Types of guidance & feedback
		4.1 Charcteristics of skilful movement & classification of skills AEP – Skill classification (Movement Analysis)	END OF UNIT TEST 9
		4.2 Goal setting AEP – Action Plan SMART	
FKED	Spring 2 February - March/April	<b>Summer I</b> March/April - May	<u>Summer 2</u> May - July
	5.1 Health, fitness & well being	Section 4: Assessment	-REVISION- apply techniques
	5.2 Diet & nutrition	Section 5: Movement analysis	-Past papers
	END OF UNIT TEST 10	Section 6: Action plan- 5 hours	-RECAP- on any topics that students found difficult.
	AEP- Controlled Asessment-9 hours	AEP-Final section to complete	EXAMS PACIA NON VERBA
	Section 1: Evaluation	Practical mock exams with schools within the	Paper I Wednesday 13th MAY
		cluster	Paper 2 Friday I5 <sup>th</sup> MAY Middle week of MAY
	Section 2: Analysis	NEA grades inputted into OCR spreadsheet and	
		sent with video evidence to the examiner by 31st	
		March	
	Section 3: Overview	NEA external moderation date: TBC	