

Physical Education
Year 11 GCSE curriculum map



- Five lessons a cycle
- 3:2 theory to practical ratio
- 2:1 paper 1 to paper 2 ratio

Year 11	T1	T2	T3	T4	T5	T6
Content / Topic for Term	<ul style="list-style-type: none"> • Applied anatomy and physiology • 2c.2. Content of socio-cultural issues and sports psychology • Practical performances • Analysis and evaluation of Performance 		<ul style="list-style-type: none"> • Applied anatomy and physiology • 2c.2. Content of socio-cultural issues and sports psychology • Practical performances 		Revision of: <ul style="list-style-type: none"> • Applied anatomy and physiology • 2c.2. Content of sociocultural issues and sports psychology • Practical performances 	
Key Knowledge for acquisition, recall and application in assessment or exam	Recap of Year 9 and 10 content 1.2.c. Preventing injury in physical activity and training <ul style="list-style-type: none"> • prevention of injury 	1.1.d. The cardiovascular and respiratory systems <ul style="list-style-type: none"> • structure and function of the cardiovascular system 2.3 Health, fitness, and wellbeing <ul style="list-style-type: none"> • health, fitness and well-being 	1.1.d. The cardiovascular and respiratory systems <ul style="list-style-type: none"> • structure and function of the respiratory system 1.1.c. Movement analysis <ul style="list-style-type: none"> • lever systems 	1.2.a. Components of fitness <ul style="list-style-type: none"> • components of fitness 2.2 Sports psychology	1.1.a. The structure and function of the skeletal system 1.1.b. The structure and function of the muscular system 1.1.c. Movement analysis	

	<p>2.3 Health, fitness, and wellbeing</p> <ul style="list-style-type: none"> • health, fitness and well-being <p>Practical performances</p> <ul style="list-style-type: none"> • prevention of injury • badminton <p>Analysis and evaluation of performance</p>	<p>Practical performances</p> <ul style="list-style-type: none"> • badminton <p>Analysis and evaluation of performance</p>	<ul style="list-style-type: none"> • planes of movement and axes of rotation <p>2.3 Health, fitness and well-being</p> <ul style="list-style-type: none"> • diet and nutrition <p>2.1.b. Commercialisation of physical activity and sport</p> <ul style="list-style-type: none"> • commercialisation of sport <p>Practical performances</p> <ul style="list-style-type: none"> • netball 	<p>Practical performances</p> <ul style="list-style-type: none"> • trampolining <p>Moderation</p>	<p>1.1.d. The cardiovascular and respiratory systems</p> <p>1.1.e. Effects of exercise on body systems</p> <p>1.2.a. Components of fitness</p> <p>1.2.b. Applying the principles of training</p> <p>1.2.c. Preventing injury in physical activity and training</p> <p>2.1.a. Engagement patterns of different social groups in physical activities and sports</p> <p>2.1.b. Commercialisation of physical activity and sport issues in</p>	
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					physical activity and sport 2.2 Sports psychology 2.3 Health, fitness, and wellbeing Practical performances Moderation	
Key skills to apply in assessment or exam	<ul style="list-style-type: none"> • A01 Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • A02 Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • A03 Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. • A04 Demonstrate and apply relevant skills and techniques in physical activity and sport. • Analyse and evaluate performance. 					
Title of Knowledge Organiser	Preventing injury in physical activity and training Health, fitness, and well-being Badminton	The cardiovascular and respiratory systems Health, fitness, and well-being Badminton	The cardiovascular and respiratory systems Movement analysis Health, fitness, and well-being	Components of fitness Sports psychology Trampolining	Applying the principles of training Sports psychology	Applying the principles of training Sports psychology Athletics Cricket

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			Commercialisation of physical activity and sport			
			Netball			