

# Key Stage 4 Curriculum Map – Physical Education

	Autumn Half Term 1	Autumn Half Term 2	Spring Half Term 1	Spring Half Term 2	Summer Half Term 1	Summer Half Term 2
<b>Year 9 GCSE</b>	<p>Themes that will be covered :</p> <p><u>Theory</u></p> <p>The skeletal system</p>	<p>Themes that will be covered :</p> <p><u>Theory</u></p> <p>The muscular system Pathway of air</p>	<p>Themes that will be covered :</p> <p><u>Theory</u></p> <p>Gaseous exchange Blood vessels Effects of exercise</p>	<p>Themes that will be covered :</p> <p><u>Theory</u></p> <p>Effects of exercise Sedentary lifestyle and obesity Somatotypes</p>	<p>Themes that will be covered :</p> <p><u>Theory</u></p> <p>Diet Skill and ability Classification of skill</p>	<p>Themes that will be covered :</p> <p><u>Practical</u></p> <p>Double practical sessions that link to the theory covered throughout the year.</p>
	<p>Key Assessments taking place :</p> <p>Homework will be set on a weekly basis. Books will be marked twice per half term and WWW and EBI will be shared with pupils. From that feedback a SHOW ME activity will be set and marked. End of topic test to be completed at end of half term. Data used to form part of data entry on to school system. Regular mini tests within class and peer assessment task around longer style question booklet which focuses on pupils understanding of essay style questions.</p> <p>Practical assessment will be ongoing throughout half term and levels will be shared. Final feedback and level given upon completion of practical activity (this includes sports and activities completed outside of school).</p>	<p>Key Assessments taking place :</p> <p>Homework will be set on a weekly basis. Books will be marked twice per half term and WWW and EBI will be shared with pupils. From that feedback a SHOW ME activity will be set and marked. End of topic test to be completed at end of half term. Data used to form part of data entry on to school system. Regular mini tests within class and also peer assessment task around longer style question booklet which focuses on pupils understanding of essay style questions.</p> <p>Practical assessment will be ongoing throughout half term and levels will be shared. Final feedback and level given upon completion of practical activity (this includes sports and activities completed outside of school).</p>	<p>Key Assessments taking place :</p> <p>Homework will be set on a weekly basis. Books will be marked twice per half term and WWW and EBI will be shared with pupils. From that feedback a SHOW ME activity will be set and marked. End of topic test to be completed at end of half term. Data used to form part of data entry on to school system. Regular mini tests within class and also peer assessment task around longer style question booklet which focuses on pupils understanding of essay style questions.</p> <p>Practical assessment will be ongoing throughout half term and levels will be shared. Final feedback and level given upon completion of practical activity (this includes sports and activities completed outside of school).</p>	<p>Key Assessments taking place :</p> <p>Homework will be set on a weekly basis. Books will be marked twice per half term and WWW and EBI will be shared with pupils. From that feedback a SHOW ME activity will be set and marked. End of topic test to be completed at end of half term. Data used to form part of data entry on to school system. Regular mini tests within class and also peer assessment task around longer style question booklet which focuses on pupils understanding of essay style questions.</p> <p>Practical assessment will be ongoing throughout half term and levels will be shared. Final feedback and level given upon completion of practical activity (this includes sports and activities completed outside of school).</p>	<p>Key Assessments taking place :</p> <p>Homework will be set on a weekly basis. Books will be marked twice per half term and WWW and EBI will be shared with pupils. From that feedback a SHOW ME activity will be set and marked. End of topic test to be completed at end of half term. Data used to form part of data entry on to school system. Regular mini tests within class and also peer assessment task around longer style question booklet which focuses on pupils understanding of essay style questions.</p> <p>Practical assessment will be ongoing throughout half term and levels will be shared. Final feedback and level given upon completion of practical activity (this includes sports and activities completed outside of school).</p>	<p>Key Assessments taking place :</p> <p>Homework will be set on a weekly basis. Books will be marked twice per half term and WWW and EBI will be shared with pupils. From that feedback a SHOW ME activity will be set and marked. End of topic test to be completed at end of half term. Data used to form part of data entry on to school system. Regular mini tests within class and also peer assessment task around longer style question booklet which focuses on pupils understanding of essay style questions.</p> <p>Practical assessment will be ongoing throughout half term and levels will be shared. Final feedback and level given upon completion of practical activity (this includes sports and activities completed outside of school).</p>

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Year 10 GCSE	<p>Themes that will be covered :</p> <p>Components of fitness Fitness testing</p>	<p>Themes that will be covered :</p> <p>Principles of training Types of training</p>	<p>Themes that will be covered :</p> <p>Calculating intensity Injury prevention</p>	<p>Themes that will be covered :</p> <p>High altitude training and seasonal aspects Arousal and the Inverted U theory Types of goals</p>	<p>Themes that will be covered :</p> <p>SMART targets Information processing Feedback</p>	<p>Themes that will be covered :</p> <p><u>Practical</u> Double practical sessions that link to the theory covered throughout the year</p>
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	<p>Themes that will be covered:</p> <p>Components of fitness Fitness testing Principles of training</p>	<p>Themes that will be covered:</p> <p>Types of training Calculating intensity Injury prevention</p>	<p>Themes that will be covered:</p> <p>Arousal and the Inverted U theory Aggression and personality  Coursework</p>	<p>Themes that will be covered:</p> <p>Motivation Engagement patterns  Coursework</p>	<p>Themes that will be covered:</p> <p>The media and sponsorship Performance enhancing drugs Spectator behaviour  Coursework</p>	<p>Themes that will be covered:</p> <p>Revision and exam techniques</p>

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<b>Year 11 GCSE</b>	<b>Practical Badminton</b>	<b>Practical Badminton/table tennis</b>	<b>Practical Table tennis</b>	<b>Practical Athletics</b>	<b>Practical Revisit previous sports (depending on cohort)</b>	
	<p>Key Assessments taking place :</p> <p>Homework will be set on a weekly basis. Books will be marked twice per half term and WWW and EBI will be shared with pupils. From that feedback a SHOW ME activity will be set and marked. End of topic test to be completed at end of half term. Data used to form part of data entry on to school system. Regular mini tests within class and also peer assessment task around longer style question booklet which focuses on pupils understanding of essay style questions.</p> <p>Practical assessment will be ongoing throughout half term and levels will be shared. Final feedback and level given upon completion of practical activity (this includes sports and activities completed outside of school).</p>	<p>Key Assessments taking place :</p> <p>Homework will be set on a weekly basis. Books will be marked twice per half term and WWW and EBI will be shared with pupils. From that feedback a SHOW ME activity will be set and marked. End of topic test to be completed at end of half term. Data used to form part of data entry on to school system. Regular mini tests within class and also peer assessment task around longer style question booklet which focuses on pupils understanding of essay style questions.</p> <p>Practical assessment will be ongoing throughout half term and levels will be shared. Final feedback and level given upon completion of practical activity (this includes sports and activities completed outside of school).</p> <p>Mock exam</p>	<p>Key Assessments taking place :</p> <p>Homework will be set on a weekly basis. Books will be marked twice per half term and WWW and EBI will be shared with pupils. From that feedback a SHOW ME activity will be set and marked. End of topic test to be completed at end of half term. Data used to form part of data entry on to school system. Regular mini tests within class and also peer assessment task around longer style question booklet which focuses on pupils understanding of essay style questions.</p> <p>Practical assessment will be ongoing throughout half term and levels will be shared. Final feedback and level given upon completion of practical activity (this includes sports and activities completed outside of school).</p> <p>Mock exam</p>	<p>Key Assessments taking place :</p> <p>Homework will be set on a weekly basis. Books will be marked twice per half term and WWW and EBI will be shared with pupils. From that feedback a SHOW ME activity will be set and marked. End of topic test to be completed at end of half term. Data used to form part of data entry on to school system. Regular mini tests within class and also peer assessment task around longer style question booklet which focuses on pupils understanding of essay style questions.</p> <p>Practical assessment will be ongoing throughout half term and levels will be shared. Final feedback and level given upon completion of practical activity (this includes sports and activities completed outside of school).</p>	<p>Key Assessments taking place :</p> <p>Homework will be set on a weekly basis. Books will be marked twice per half term and WWW and EBI will be shared with pupils. From that feedback a SHOW ME activity will be set and marked. End of topic test to be completed at end of half term. Data used to form part of data entry on to school system. Regular mini tests within class and also peer assessment task around longer style question booklet which focuses on pupils understanding of essay style questions.</p> <p>Practical assessment will be ongoing throughout half term and levels will be shared. Final feedback and level given upon completion of practical activity (this includes sports and activities completed outside of school).</p>	<p>Key Assessments taking place :</p> <p>Final exam</p>

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