

**Kings Curriculum Map**  
**Physical Education**

	<b>Autumn Term</b>	<b>Spring Term</b>	<b>Summer Term</b>
<b>Year 9</b>	<b>Applied Anatomy and Physiology</b> (Examination Paper 1) <ul style="list-style-type: none"> <li>• Structure and function of the skeletal system</li> <li>• Structure and function of muscular system</li> </ul>	<b>Physical Training</b> (Examination Paper 1) <ul style="list-style-type: none"> <li>• Components of fitness</li> <li>• Principles of training</li> </ul>	<b>Physical Training</b> (Examination Paper 1) <ul style="list-style-type: none"> <li>• Preventing injury in physical activity and training</li> </ul> Recapping <ul style="list-style-type: none"> <li>• The structure and function of the skeletal and Muscular system</li> </ul>
<b>Year 10 GCSE</b>	<b>Applied Anatomy and Physiology</b> (Examination Paper 1) <ul style="list-style-type: none"> <li>• Structure and function of the cardiovascular system</li> <li>• Movement analysis</li> <li>• Effects of exercise</li> </ul>	<b>Sports Psychology</b> (Examination Paper 2) <ul style="list-style-type: none"> <li>• Characteristics of a skilful movement</li> <li>• Goal setting</li> <li>• Mental preparation</li> <li>• Types of guidance.</li> </ul> <b>Recapping</b> <ul style="list-style-type: none"> <li>• Applying Principles of training and components of fitness</li> </ul>	<b>Health Fitness and well-being</b> (Examination Paper 2) <ul style="list-style-type: none"> <li>• Diet and Nutrition</li> </ul> <b>Ethical and socio-cultural issues in physical activity and sport.</b> (Examination Paper 2) <ul style="list-style-type: none"> <li>• Engagement patterns</li> </ul> <b>Recapping</b> <ul style="list-style-type: none"> <li>• The structure and function of the skeletal and Muscular system</li> </ul>
<b>Year 10 OCR Nats</b>	<b>R043 - The body's Response to Exercise</b> (coursework) <ul style="list-style-type: none"> <li>• Components of the musculo-skeletal system</li> <li>• Cardio-respiratory systems</li> <li>• Short term effects of exercise</li> <li>• Long term effects of exercise</li> </ul>	<b>R044 - Sports Psychology</b> (coursework) <ul style="list-style-type: none"> <li>• Personality</li> <li>• Motivation</li> <li>• Aggression</li> <li>• Arousal and anxiety</li> <li>• Strategies to enhance performance.</li> </ul>	<b>R046 - Technology in Sport</b> (coursework) <ul style="list-style-type: none"> <li>• How technology is used in sport</li> <li>• Positive effects of technology</li> <li>• Negative effects of technology</li> <li>• Impact of sports technology.</li> </ul>
<b>Year 11 GCSE</b>	<b>Analysing and Evaluating Performance</b> <ul style="list-style-type: none"> <li>• Coursework</li> </ul> <b>Ethical and socio-cultural issues in physical activity and sport.</b> (Examination Paper 1) <ul style="list-style-type: none"> <li>• Commercialisation of physical activity and sport</li> </ul>	<b>Recapping</b> <ul style="list-style-type: none"> <li>• <b>Sports Psychology</b> <ul style="list-style-type: none"> <li>○ Characteristics of a skilful movement</li> <li>○ Goal setting</li> <li>○ Mental preparation</li> <li>○ Types of guidance.</li> </ul> </li> </ul>	<b>Recapping</b> <ul style="list-style-type: none"> <li>• Physical Training</li> <li>• Preventing injury in physical activity and training</li> <li>• Health Fitness and well being,</li> <li>• Diet and Nutrition</li> </ul>

	<ul style="list-style-type: none"> <li>Ethical and socio-cultural issues in physical activity and sport.</li> </ul>	<ul style="list-style-type: none"> <li><b>Physical Training</b> <ul style="list-style-type: none"> <li>Applying Principles of training and components of fitness</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>The structure and function of the skeletal and Muscular system</li> </ul>
<b>Year 11</b> <b>OCR Nats</b>	<b>R041 – Reducing the risk of Sports Injuries</b> (Examination January) <ul style="list-style-type: none"> <li>Factors which influence injury</li> <li>Warm up and cool down strategies</li> <li>Response to sports injuries</li> <li>Response to common medical conditions</li> </ul>	<b>R042 – Applying the Principles of Training</b> (coursework) <ul style="list-style-type: none"> <li>Principles of training</li> <li>Training methods</li> <li>Fitness testing</li> <li>Programme development.</li> </ul>	<b>R045 – Sport Nutrition</b> (coursework) <ul style="list-style-type: none"> <li>Nutrients needed for a balance diet</li> <li>Nutrition for sport</li> <li>Effects of diet on performance</li> <li>Diet development.</li> </ul>
<b>Year 12</b> <b>BTEC</b>	<b>Unit 1 - Anatomy and Physiology</b> (Examination) Effects of exercise on and sports performance on the <ul style="list-style-type: none"> <li>skeletal system</li> <li>muscular system</li> <li>cardiovascular system</li> <li>Respiratory system</li> <li>Energy systems</li> </ul> <b>Unit 5 – Fitness Testing</b> (3 Assignments) <ul style="list-style-type: none"> <li>Principles of fitness testing</li> <li>Testing different components of fitness</li> <li>Evaluation of fitness data</li> </ul>	<b>Unit 3 Professional Development in sports industry</b> (3 Assignments) <ul style="list-style-type: none"> <li>Carer and job opportunities in sport</li> <li>Career development action plan</li> <li>Recruitment process in the sports industry</li> <li>Individual reflection on the recruitment process.</li> </ul> <b>Unit 8 Coaching for Performance</b> (3 Assignments) <ul style="list-style-type: none"> <li>Investigating best coaching practice</li> <li>Exploring current practices</li> <li>Effective planning for coaching for performance.</li> <li>The impact of coaching on performance.</li> </ul>	<b>Unit 23 – Skill Acquisition</b> (3 Assignments) <ul style="list-style-type: none"> <li>Investigating the nature of skilled performance</li> <li>Examine ways that sport performers process information for skilled performance</li> <li>Theories of teaching and learning</li> <li>Carry out teaching and learning strategies for sports skills</li> </ul> <b>Unit 4 Leadership</b> (2 Assignments) <ul style="list-style-type: none"> <li>Roles, qualities and characteristics of sports leaders</li> <li>Psychological factors in sports leadership</li> <li>Exploring effective leadership styles</li> </ul>
<b>Year 13</b> <b>BTEC</b>	<b>Unit 2 – Fitness Training and programming for health, sport and Well-being</b> (Examination) <ul style="list-style-type: none"> <li>Lifestyle factors</li> <li>Screening process for programming</li> <li>Programme related nutritional needs</li> <li>Training methods</li> <li>Training programme design</li> </ul> <b>Unit 22 Business in sport</b> (Examination)	<b>Unit 10 Sports Event Organisation</b> (2 Assignments) <ul style="list-style-type: none"> <li>Investigating how sports events are run</li> <li>Sports event proposal and implementation</li> <li>Planning, promotion and delivery of a sports event.</li> <li>Reviewing and reflecting on the delivery of a sporting event.</li> </ul>	<b>Re sits</b> <b>Unit 22</b> <b>Unit 2</b> <b>Unit 1</b> (Examinations)

	<ul style="list-style-type: none"><li>• business operations in the Sports industry.</li><li>• Business models in sport and active leisure</li><li>• Human resources</li><li>• Marketing</li><li>• Finance in the sport and active leisure industry</li></ul>		
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