

GCSE PE Year Mapping – 2 Year KS4

	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
<p>Year 10</p> <p>Wk A – 2 hrs theory 1 hr prac</p> <p>Wk B – 2 hr theory 1 hr prac</p>	<p><i>Baseline Testing</i></p> <ul style="list-style-type: none"> <i>Theory: exam</i> <i>Practical: athletics</i> <p>Component 1</p> <p>1.1 – The structure and functions of the musculo-skeletal system</p>	<p>Component 1</p> <p>1.2 - The structure and functions of the cardio-respiratory system</p>	<p>Component 1</p> <p>1.3/1.4 – Anaerobic and Aerobic Exercise (1.3); Short and long-term effects of exercise (1.4)</p>	<p>Component 1</p> <p>3.1 - Relationship between health and fitness</p> <p>3.2 - Components of fitness</p> <p>3.3 – Principles of training</p> <p>Component 4</p> <p><i>i) Aim and planning analysis</i></p>	<p>Component 2</p> <p>2.2 – Goal setting; SMART</p> <p>Component 1</p> <p>3.5 – How to optimise training and prevent injury</p> <p>3.6 – Effective use of warm up and cool down</p> <p>Component 2</p> <p>3.3 - Ethical and socio-cultural issues in physical activity and sport</p> <p>Component 4</p> <p><i>ii) Carrying out and monitoring the PEP</i></p> <p><i>iii) Evaluation of the PEP</i></p>	<p>Suggested practical activity: ATHLETICS</p>
<p>Year 11</p> <p>Wk A – 2 hr theory 1 hr prac</p> <p>Wk B – 2 hr theory 1 hr prac</p>	<p>Component 1</p> <p>2.1 – Lever systems and mechanical advantage</p> <p>2.2 – Planes and axes of movement</p> <p>Suggested practical activity: NETBALL</p>	<p>Component 2</p> <p>1.1 - Physical, emotional and social health, fitness and well-being</p> <p>1.2 - The consequences of a sedentary lifestyle</p> <p>1.3 - Energy use, diet, nutrition and hydration</p>	<p>Component 2</p> <p>2.1 – Classification of skills</p> <p>2.3 – Guidance and feedback on performance</p> <p>2.4 - Mental preparation for performance</p>	<p>Component 2</p> <p>3.1 - Engagement patterns of different social groups in physical activity and sport</p> <p>3.2 - Commercialisation of physical activity and sport</p> <p>***Weighting of lessons changes to all theory for weeks A and B***</p>	<p>Components 1 & 2</p> <p><i>Exam prep and revision via: past paper questions (AO1, AO2, AO3); independent work and full past papers.</i></p> <p><i>Exam dates: TBC</i></p> <p>***Weighting of lessons changes to all theory for weeks A and B***</p>	