

Physical Education (GCSE) Curriculum and Assessment Map

Term	Date	Week	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn A	05-Sep	1					Analysing & Evaluating Performance (Controlled Assessment)
	12-Sep	2					
	19-Sep	1					
	26-Sep	2					Sports Psychology (Mental Preparation/Guidance & Feedback)
	03-Oct	1					
	10-Oct	2					
	17-Oct	1					End of Unit Assessment - 4.3/4.4
24-Oct			October Half-Term	October Half-Term	October Half-Term	October Half-Term	October Half-Term
Autumn B	31-Oct	2					Revision for mock exams
	07-Nov	1					
	14-Nov	2					Mock Exams
	21-Nov	1					
	28-Nov	2					Mock Exam Feedback
	05-Dec	1					Engagement Patterns in Sport (Social Groups/Factors Impacting Participation/Strategies to Improve Participation)
	12-Dec	2					Commercialisation of Physical Activity & Sport (Golden Triangle)
19-Dec	1					Christmas Break	
26-Dec			Christmas Break	Christmas Break	Christmas Break	Christmas Break	Christmas Break
Spring A	02-Jan	1					Commercialisation of Physical Activity & Sport (Influence of the Media/Positive & Negative Impacts of the Media/Sponsorship & the Influence/Positive & Negative Impacts of the Media)
	09-Jan	2					
	16-Jan	1					End of Unit Assessment - 3.1/3.2
	23-Jan	2					Ethical & Socio-cultural Issues in Sport (Ethics in Sport/Reasons for Issues in Sport)
	30-Jan	1					
06-Feb	2					February Half-term	
13-Feb			February Half-term	February Half-term	February Half-term	February Half-term	February Half-term
Spring B	20-Feb	1					Ethical & Socio-cultural Issues in Sport (Performance Enhancing Drugs/Violence in Sport)
	27-Feb	2					
	06-Mar	1					End of Unit Assessment - 3.3
	13-Mar	2					Healthy Lifestyles, Fitness & Wellbeing (Different types of Health/Sedentary Lifestyles)
	20-Mar	1					
27-Mar	2					Easter Break	
03-Apr			Easter Break	Easter Break	Easter Break	Easter Break	Easter Break
10-Apr							
Summer A	17-Apr	1					Diet & Nutrition (Balanced Diet/Risks of Dehydration/Insights to different athlete diets/ Calorie intake/Energy balance/Timing of Food Intake)
	24-Apr	2					End of Unit Assessment - 5.1/5.2
	01-May	1					Revision for Year 11 Summer Exams & Preparation for Practical Moderation
	08-May	2					External Exams
	15-May	1					
22-May	2					May Half-term	
29-May			May Half-term	May Half-term	May Half-term	May Half-term	May Half-term
Summer B	05-Jun	0					
	12-Jun	1					External Exams
	19-Jun	2					
	26-Jun	1					
	03-Jul	2					
	10-Jul	1					
17-Jul	2						
						Analysing & Evaluating Performance (Controlled Assessment)	

Applied Anatomy & Physiology (Structure & function of skeletal system/muscular system/movement analysis) Practical Activity: Badminton

End of Unit Assessment - 1.1/1.2/1.3

Applied Anatomy & Physiology (Structure & function of CV system)

October Half-Term

Applied Anatomy & Physiology (Structure & function of CV system & Respiratory system) Practical Activity: Basketball

Applied Anatomy & Physiology (The effects of exercise on the Body Systems) Practical Activity: Basketball

End of Unit Assessment - 1.4/1.5

Physical Training (Components of Fitness)

Christmas Break

Physical Training (Components of Fitness/Principles of Training/Methods of Training) Practical Activity: Table Tennis/Trampolining

End of Unit Assessment - 2.1/2.2

February Half-term

Physical Training (Preventing the risk of injury) Practical Activity: Netball

Revision for Year 10 Exam, Practical Activity: Football

Easter Break

Year 10 Exams

Exam Feedback & Actions

Sports Psychology (Characteristics of Skilful Movement/Classification of Skill/Goal Setting) Practical Activity: Netball

May Half-term

End of Unit Assessment - 4.1

Analysing & Evaluating Performance (Controlled Assessment)

Analysing & Evaluating Performance (Controlled Assessment)

Sports Psychology (Mental Preparation/Guidance & Feedback)

End of Unit Assessment - 4.3/4.4

October Half-Term

Revision for mock exams

Mock Exams

Mock Exam Feedback

Engagement Patterns in Sport (Social Groups/Factors Impacting Participation/Strategies to Improve Participation)

Commercialisation of Physical Activity & Sport (Golden Triangle)

Christmas Break

Commercialisation of Physical Activity & Sport (Influence of the Media/Positive & Negative Impacts of the Media/Sponsorship & the Influence/Positive & Negative Impacts of the Media)

End of Unit Assessment - 3.1/3.2

Ethical & Socio-cultural Issues in Sport (Ethics in Sport/Reasons for Issues in Sport)

February Half-term

Ethical & Socio-cultural Issues in Sport (Performance Enhancing Drugs/Violence in Sport)

End of Unit Assessment - 3.3

Healthy Lifestyles, Fitness & Wellbeing (Different types of Health/Sedentary Lifestyles)

Easter Break

Diet & Nutrition (Balanced Diet/Risks of Dehydration/Insights to different athlete diets/ Calorie intake/Energy balance/Timing of Food Intake)

End of Unit Assessment - 5.1/5.2

Revision for Year 11 Summer Exams & Preparation for Practical Moderation

External Exams

May Half-term

External Exams