

Curriculum Map

Subject: Physical Education – KS4THEORY

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
10 GCSE	Curriculum Topics: 1.2.a. Components of fitness 1.2.b. Applying the principles of training	Curriculum Topics: 1.2.b. Applying the principles of training 1.3.c. Preventing injury in physical activity and training	Curriculum Topics: 1.1.a. The structure and function of the skeletal system 1.1.b. The structure and function of the muscular system	Curriculum Topics: 1.1.d. The cardiovascular & respiratory systems 1.1.e. Effects of exercise on body systems	Curriculum Topics: 1.1.c. Movement analysis 2.2 Sports psychology	Curriculum Topics: Analysing and evaluating performance (coursework-14 hours)
	Links with previous topics: Links back to practical lessons from KS3	Links with previous topics:	Links with previous topics: Muscular system links to skeletal system	Links with previous topics: Respiratory system links to cardiovascular Effects links to all body systems	Links with previous topics: Prevention links to all body systems Movement links to muscular and skeletal systems	Links with previous topics: