

Curriculum Map

Subject: Physical Education – KS4 THEORY

	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:
10 C.Nat	Curriculum Topics: RO42 LO1: Know the principles of training in a sporting context LO2: Know how training methods target different fitness components	Curriculum Topics: RO42 LO3: Be able to conduct fitness tests LO4: Be able to develop fitness training programmes	Curriculum Topics: RO42 LO4: Be able to develop fitness training programmes	Curriculum Topics: RO43 LO 1: Know the key components of the musculo-skeletal and cardio- respiratory systems, their functions and roles	Curriculum Topics: RO43 LO2: Understand the importance of the musculo-skeletal and cardio- respiratory systems in health and fitness LO3: Be able to assess the short-term effects of physical activity on the musculo-skeletal	Curriculum Topics: RO43 LO3: Be able to assess the short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems LO4: Be able to assess the long-term effects of physical activity on the musculo-skeletal and

	Health links to fitness and training	Influences and engagement links to health	Commercialisation links to engagement			
11 C.Nat	<p>Curriculum Topics: RO41 LO1: Understand different factors which influence the risk of injury</p> <p>LO2: Understand how appropriate warm up and cool down routines can help to prevent injury</p>	<p>Curriculum Topics: RO41 LO3: Know how to respond to injuries within a sporting context</p> <p>LO4: Know how to respond to common medical conditions</p>	<p>Curriculum Topics: RO41 Revision RO42 & 43 Moderation feedback and amendments</p>	<p>Curriculum Topics: RO45 LO1: Know about the nutrients needed for a healthy, balanced diet</p> <p>LO2: Understand the importance of nutrition in sport</p>	<p>Curriculum Topics: RO45 LO 3: Know about the effects of a poor diet on sports performance and participation</p> <p>LO4: Be able to develop diet plans for performers</p>	<p>Curriculum Topics: N/A</p>
	<p>Links with previous topics: LO2 links to RO43 LO1&2</p>	<p>Links with previous topics: LO4 links to RO43 LO1&2</p>	<p>Links with previous topics:</p>	<p>Links with previous topics:</p>	<p>Links with previous topics: LO4 links to RO42 LO4</p>	<p>Links with previous topics:</p>

