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# Curriculum Map GCSE PE

## Y10/11 delivery and planning (2 year map) 2022-2024

**BJA/VW Year 10      LW Year 11**

## Edexcel GCSE Physical Education

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### Component 1: Fitness and Body Systems (Component code: 1PE0/01)

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- Written examination: 1 hour and 45 minutes
- 36% of the qualification
- 90 marks

#### Content overview

- Topic 1: Applied Anatomy and Physiology
- Topic 2: Movement Analysis
- Topic 3: Physical Training
- Topic 4: Use of Data

#### Assessment overview

- The assessment consists of multiple-choice, short-answer, and extended writing questions.
- Learners must answer all questions.
- Calculators can be used in the examination

### Component 2: Health and Performance (Component code: 1PE0/02)

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- Written examination: 1 hour and 15 minutes
- 24% of the qualification
- 70 marks

### Content overview

- Topic 1: Health, Fitness and Well-being
- Topic 2: Sport Psychology
- Topic 3: Socio-cultural Influences
- Topic 4: Use of Data

### Assessment overview

- The assessment consists of multiple-choice, short-answer, and extended writing questions.
- Learners must answer all questions.
- Calculators can be used in the examination.

## Component 3: Practical Performance (Component code: 1PE0/03)

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- Non-Examined Assessment (NEA): internally marked and externally moderated
- 30% of the qualification
- 90 marks (30 marks per activity)

### Content overview

- Skills during individual and team activities
- General performance skills

### Assessment overview

- The assessment consists of learners completing **three** physical activities from a set list.
- One must be a **team** activity.
- One must be an **individual** activity.
- The final activity can be a **free** choice.

## Component 4: Personal Exercise Programme (PEP) (Component code: 1PE0/04)

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- NEA: internally marked and externally moderated
- 10% of the qualification
- 20 marks

## **Content overview**

- Aim and planning analysis
- Carrying out and monitoring the PEP
- Evaluation of the PEP

## **Assessment overview**

- The assessment consists of learners producing a PEP.
- Learners will be required to analyse and evaluate their performance.
- These will be assessed by the tutor and moderated by Pearson.

# GCSE Physical Education

## Year One (Year 10 VW/BJA) September 2022-July 2023

<b>Year 1: Paper 2 Topic 1&amp;2 and Paper 1 Topic 3 content covered</b>			
<b>Topic 1: Health, Fitness and Well-being (Paper 2: Health and Performance)</b>			<b>Number of lessons</b>
<b>15 lessons content (SEPTEMBER – OCTOBER HALF TERM 2022)</b>			
<b>1</b>	P126-132	<b>Physical, emotional and social health</b>	<b>3</b>
<b>2</b>	P133-135	<b>Lifestyle choices</b>	<b>2</b>
<b>3</b>	P135-137	<b>Impact of lifestyle choices</b>	
<b>4</b>	P138-143	<b>Sedentary lifestyles and consequences (linked to graphs)</b>	<b>2</b>
<b>5</b>	P144-148	<b>Balanced diet and the role of nutrients (7 factors and their functions)</b>	<b>2</b>
<b>6</b>	P145-146, 151	<b>Dietary manipulation for sport</b>	<b>2</b>
<b>7</b>	P149-150	<b>Optimum weight</b>	
<b>8</b>	End of unit	<b>REVISION LESSON, TOPIC TEST, MARKING &amp; FEEDBACK</b>	<b>3-4</b>
<b>OCTOBER HALF TERM</b>			
<b>Topic 2: Sport Psychology (Paper 2: Health and Performance)</b>			
<b>Topic 3: Physical Training (Paper 1: Fitness and the Body Systems)</b>			
<b>10+7 lessons content (NOVEMBER- DECEMBER 2022)</b>			

<b>9</b>	P156-157	<b>Goal setting – SMART targets</b>	<b>1</b>
<b>10</b>	P154	<b>Classification of skills</b>	<b>1</b>
<b>11</b>	P155	<b>Forms of practice – theory and practical application</b>	
<b>12</b>	P158-159	<b>Types of guidance – theory and practical application</b>	<b>1</b>
<b>13</b>	P160-162	<b>Mental preparation for performance; Types of feedback</b>	<b>2</b>
<b>14</b>	P160	<b>Sports psychology – use of data (video analysis via YouTube clips)</b>	<b>1</b>
<b>15</b>	End of unit	<b>REVISION LESSON, TOPIC TEST, MARKING &amp; FEEDBACK</b>	<b>3-4</b>
<b>20</b>	P102-105	<b>Injury prevention in physical activity (similar content to risks in sport)</b>	<b>1</b>
<b>21</b>	P105-109	<b>Identification and treatment of injury (practical scenarios)</b>	<b>2</b>
<b>22</b>	P108-112	<b>Performance enhancing drugs (2 drugs per lesson)</b>	<b>4</b>
		<b>CHRISTMAS BREAK</b>	
<p><b>Topic 3: Physical Training (Paper 1: Fitness and the Body Systems)</b></p> <p><b>Health, Fitness and Well-being (Paper 2: Health and Performance)</b></p> <p><b>31 lessons content (JANUARY-EASTER 2023)</b></p>			
<b>16</b>	PEP lessons P197-204	An introduction to using a PEP to develop fitness, health, exercise and performance  (Used at varying points in the unit)	N/A

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		to help with planning & delivery)	
17	P102-103, 113-116	<b>PARQs; warm ups and cool downs</b>	<b>1</b>
18	P63-65	<b>Health, fitness, exercise &amp; performance</b>	<b>1</b>
19	P66-74	<b>Components of fitness</b>	<b>6</b>
20	P74-80	<b>Why do we use fitness testing?</b>	<b>4</b>
21		<b>Fitness tests – practical lessons, protocol &amp; comparing results to national average</b>	
22	<b>PEP LESSONS</b>	<b>PEP introduction, aims and targets, fitness testing and components of fitness to improve. (controlled assessment)</b>	<b>4 (up to Feb half term)</b>
23	P81-85	<b>Principles of training</b>	<b>3</b>
24	P86-87	<b>Thresholds of training and training safely</b>	<b>1</b>
25	<b>PEP LESSON</b>	<b>Application of principles of training to a PEP. (controlled assessment)</b>	<b>1</b>
17	P88-89 P90-97	<b>Choosing the right methods of training</b>  <b>Methods of training (can be taught as theory through practical lessons).</b>	<b>1</b> <b>6</b>
18	<b>PEP LESSONS</b>	<b>Application of methods of training to a PEP, 6 week programme design and planning. (controlled assessment)</b>	<b>3</b> <b>(up to Easter/hmwk)</b>

		<b>EASTER BREAK</b>	
<p><b>PEP completion and write up (Easter-May half term in Monday theory lessons-computer room). Continue with remaining theory content during double lessons on Tuesdays.</b></p> <p><b>Formal exam in the hall on all topics covered so far- End of May</b></p>			
<b>19</b>	<b>PEP LESSONS</b>	<b>Practical fitness lessons in CORE PE time and write up/evaluation lessons in theory. (controlled assessment try to get started before Easter)</b>	<b>6-8 (Monday theory eval)</b>
<b>20</b>	P98-99	<b>Long term effects of training on the musculo-skeletal system</b>	<b>2</b>
<b>21</b>	P100-101	<b>Long term effects of training on the cardio-respiratory system</b>	<b>2</b>
<b>22</b>	<b>PEP</b>	<b>PEP overall evaluation and analysis completed by May half term (any spare lessons as correction/feedback lessons) (controlled assessment)</b>	<b>6-8</b>
	<b>Mock info</b>	<b>Revision lesson and Mock Exam information issued before May Half Term</b>	<b>VW/BJA</b>
<p><b>Topic 3: Socio-cultural Influences (Paper 2: Health and Performance)</b></p> <p><b>13 Lessons content- (MAY HALF TERM 2023-SUMMER)</b></p> <p><b>Mock exam feedback will take place in after school study support</b></p>			
	<b>EXAM</b>	<b>End of year exam in the hall (P2: Topic 1, Topic 2, P1: Topic 3).</b>	<b>Y10 MOCK EXAM</b>
			Year 11 LW – Socio-cultural influences will be taught in September.

23	P165-168	Factors affecting participation in physical activity	2
24	P168	Participation rate trends – use of data/graphs	2
25	P169-172	Commercialisation and the media	1
26	P171-172	Advantages and disadvantages of commercialisation- Linked to graphs	2
27	P173	Sporting behaviours (sportsmanship/gamesmanship)	3
28	P173-175	Deviance in sport	
29	End of unit	REVISION LESSON, TOPIC TEST, MARKING & FEEDBACK	3-4
		END OF YEAR ONE	

### Year Two (Year 11 LW) September 2022 – May 2023

<b>Year 1: Paper 2 Topic 3 and Paper 1 Topic 1&amp;2 content covered</b>			
<b>Topic 1: Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems)</b>			<b>Number of lessons</b>
<b>lessons content 40 (17+21)</b>			
<b>1</b>	P2-4	Functions of the skeletal system	<b>1</b>
<b>2</b>	P4-5	Classification of bones	<b>1</b>
<b>3</b>	P6-8	Structure of the skeletal system	<b>2</b>
<b>4</b>	P9-13	Joints and movement, ligaments and tendons	<b>3-4</b>
<b>5</b>	P13	Classification and roles of muscles/muscle types	<b>4</b> <b>(with exam</b>



<b>6</b>	P13-18	<b>Location and roles of key voluntary muscles</b>	<b>Q)</b>
<b>7</b>	P19	<b>Antagonistic muscles</b>	<b>1</b>
<b>8</b>	P20	<b>Fast and slow twitch muscle fibres</b>	<b>1</b>
<b>9</b>	P21	<b>How the skeletal and muscular systems work together</b>	<b>1</b>
<b>10</b>	End of unit	<b>REVISION LESSON, TOPIC TEST, MARKING &amp; FEEDBACK</b>	<b>3-4</b>
	<b>Y11 Mock</b>	<b>Mock exam revision and information (continue in study support)</b>	
<b>11</b>	P22-25	<b>Structure and function of the cardiovascular system. Including labelling of the heart and transport of blood</b>	<b>4</b>
<b>12</b>	P26-27	<b>Arteries, capillaries and veins</b>	<b>1-2</b>
<b>13</b>	P28	<b>Vascular shunting</b>	<b>1</b>
<b>14</b>	P29-30	<b>Components of blood and their significance for physical activity</b>	
<b>15</b>	P31	<b>Respiratory system – composition of air; lung volumes</b>	<b>1</b>
<b>16</b>	P32-33	<b>Location and roles of principal components of respiratory system</b>	<b>2</b>
<b>17</b>	P32-33	<b>Structure and function of alveoli</b>	
<b>18</b>	P33-35	<b>How the cardiovascular and respiratory systems work together.</b>	<b>1</b>
<b>19</b>	P36-39	<b>Energy sources; aerobic and anaerobic exercise and recap diet.</b>	<b>2</b>
<b>20</b>	P40-49	<b>Short term effects of exercise/graphs</b>	<b>4</b>

<b>21</b>	P98-101	<b>Recap on the long term effects of exercise on the cardio-respiratory and musculo-skeletal systems. (year 1)</b>	<b>1</b>
<b>22</b>	End of unit	<b>REVISION LESSON, TOPIC TEST, MARKING &amp; FEEDBACK (might need to be completed after Christmas due to mock exams).</b>	<b>3-4</b>
		<b>CHRISTMAS BREAK</b>	
<b>Topic 2: Movement Analysis (Paper 1: Fitness and Body Systems)</b>			
<b>Jan-Feb 2023 half term Lessons 13</b>			
<b>23</b>	P51-53	<b>Lever system – first, second and third class levers</b>	<b>3</b>
<b>24</b>	P54-55	<b>Mechanical advantage in sport and physical activity</b>	
<b>25</b>	P54-55	<b>Movement possibilities at joints; utilisation of movement in physical activity</b>	<b>3</b> <b>1</b>
<b>26</b>	P55-60	<b>Joint classification and impact on movement axes</b>	
<b>27</b>	P55-61	<b>Planes and axes – generalised movement patterns</b>	<b>2</b>
<b>8</b>	End of unit	<b>REVISION LESSON, TOPIC TEST, MARKING &amp; FEEDBACK</b>	<b>3-4</b>

**Year 2 February 2023 onwards:**

- Catch up time.
- Revision timetable will be implemented to go through all content before the final theory examinations in May/June.