

Gordon's School P.E Department **GCSE - Curriculum Map**



J587/01

You will sit paper 1: Physical **Factors Affecting** Performance.

Health, Fitness and Wellbeing

You will learn what is meant by health,

fitness and well-being and understand the

physical, emotional and social benefits of

physical activity along with the

consequences of a sedentary lifestyle. You

will be able to apply these to different age

groups and interpret associated data.

Participation in Physical Activity and Sport

You will understand how different factors affect

participation including: age, gender, ethnicity, religion,

family, education, work, income, disability, access,

discrimination, environment, media and role models.

J587/02

You will sit paper 2: Sociocultural Issues and Sports Psychology.

Muscular System

You will learn to identify and locate

the major muscles in the body and

apply their use to sport. You will also

learn about antagonistic muscle

action applied to practical examples.

Diet & Nutrition

Physical Activity and Sport in the UK

You will learn about current trends in

participation in physical activity and sport using

different sources including Sport England, NGBs

and the Department of Culture, Media and Sport

You will learn the definition and components of a balanced diet along with understanding the effect of diet and hydration on energy use in physical activity. You will also be able to apply examples from physical activity and

Types of Guidance

Drugs in Sport

drugs, examples and their effect

You will learn about the different types of guidance (visual, verbal, manual and mechanical) along with their advantages and disadvantages, plus practical examples for each.

Goal Setting

You will be able to apply examples of the use of goal setting along with understanding and applying the SMART principle to optimise performance.

Mental Preparation

You will learn about the four types of mental preparation and be able to apply practical examples to each. You will be able explain the effects and benefits of mental preparation.

Characteristics of Skill

You will learn the definition of motor skills, understand and be able to apply practical You will learn and understand examples of the characteristics the reasons sports performers of skilful movement.

Classification of Skills

You will learn about the continua used in the classification of skills and be able to apply practical examples with justification for their placement on the continua.

Commercialisation

You will learn to identify different types of media (social, internet, TV, Newspapers) and learn the meaning of commercialism. You will be able to explain the relationship between sport, sponsorship and the media.

Revision

You will revise for your Year 9 exams, spending time on recall of information from the topics covered and applying knowledge to exam questions

practical examples to both. You will

also understand the benefits of a

warm up and cool down on physical

activity whilst designing your own for

a chosen sport.

Injury Prevention

You will learn how the risk of injury in physical activity can be minimised and be able to apply practical examples. You will also identify the potential hazards in a range of physical activity and sports setting, applying examples.

Using the knowledge and

understanding of the course

so far, you will complete the

Analysing and Evaluating

Performance (AEP) task

(J587/03). This involves

analysing aspects of personal

performance in a practical

activity, evaluating the

strengths and weaknesses of

performance

producing an action plan to

improve the quality

effectiveness

performance.

Types of Training You will learn about the different

Year 11

Types of Training and apply your knowledge to design a training Warm up and Cool down programme to improve different You will learn about the components components of fitness. of a warm up and cool down, applying

Principles of Training

You will learn about the Principles of Training (SPOR and FITT), their definitions and be able to apply them to a personal exercise/training

Joints and Types of Movement

You will learn to identify the types of movement that take place at a hinge joint and ball and socket joint. You will also be able to explain the role of cartilage, ligaments, tendons, synovial membrane, and synovial fluid.

Effects of Exercise

You will learn to describe and explain the short term and longterm effects of exercise on the Respiratory System including key terms: Breathing rate, Tidal Volume and Minute Ventilation

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use PEDs as well as the types of

Types of Feedback

You will learn and

understand the different

types of feedback and be

able to apply practical

examples to their use.

on performance. Ethics in Sport You will learn and understand the value of sportsmanship, the reasons for gamesmanship and deviance and be able to apply practical examples to these concepts.

Effects of Exercise

You will learn to describe and explain the short term and longterm effects of exercise on the Muscular System including key terms: Hypertrophy, lactic acid, resistance to fatigue.

Violence in Sport

You will learn and understand the reasons for player violence and be able to apply practical examples of violence in sport.

Strategies to improve participation

You will learn to identify and describe strategies that can be used to improve participation: Promotion. Provision and Access.

Respiratory System

You will learn about the pathway of air through the respiratory system, be able to explain the mechanics of breathing including gaseous exchange

Effects of Exercise

You will learn to describe and explain the short term and long-term effects of exercise on the Cardiovascular System including key terms: Heart rate, Stroke Volume and Cardiac Output.

Planes of Movement

the location of the frontal, transverse and sagittal planes of movement and their application to physical activity

Cardiovascular System

You will learn about the doublecirculatory system, the structure and function of the heart including the differences between arteries. capillaries and veins. You will also learn about the pathway of blood through the heart and the role of

Aerobic v Anaerobic

You will learn about aerobic

and anaerobic exercise and

be able to apply practical

examples in relation to

intensity and duration

Skeletal System

You will learn to identify and locate the major bones in the body and to understand and apply examples of the functions of the skeleton.

Lever Systems

You will learn about the three classes of lever and apply practical examples to each. You will also learn about mechanical advantage provided by levers.

Axes of Rotation

You will learn the location of

the frontal, transverse and longitudinal axes of rotation and their application to physical activity and sport.

Year 10