

Year 10 GCSE PE – Curriculum map

Sept	October	November	December	January	February	Feb/March	April	May	June	July
1.2.a Components of fitness	1.2.b Applying the principles of training	1.1.a Structure and Function of the Skeletal system		1.1.b Structure and Function of the muscular system		1.1.c Movement Analysis	1.1.d Cardiovascular & Respiratory Systems		1.1.e Effect of exercise on body	1.2.c Preventing Injury
<i>NEA Section 1 Evaluation</i>	<i>NEA Section 2 Analysis</i>	<i>NEA Section 3 (1 lesson/ fortnight)</i>		<i>NEA Section 4 (1 lesson/fortnight)</i>		<i>NEA Section 5 (1 fortnight)</i>	<i>NEA Section 6 (1 lesson/fortnight)</i>		<i>NEA LOG BOOK – Video reels (1 lesson/fortnight)</i>	
Practical sessions for 1 st Half term	October – Progress test 1.2.a&b	Practical sessions :	December – Progress test 1.1.a	Practical sessions:	February – Progress test 1.1.b	<i>Movement Analysis not Psych..</i>	Practical sessions:	May – Progress test 1.1.C &D	Practical sessions:	JULY Full year Mock test
Fitness Tests and Training Methods	October Half Term Project to complete Section 1 & 2 of coursework	Badminton Basketball Handball Volleyball	Christmas Half Term Project to complete Section 3 of coursework	Badminton Basketball Handball Volleyball	Christmas Half Term Project to complete Section 4 of coursework	Practical sessions Looking at Movement Analysis	Badminton Basketball Handball Volleyball	May Half Term Project to complete Section 6 of coursework	Badminton Basketball Handball Volleyball	Summer Project to complete NEA video evidence and LOG book of activities
						Easter Half Term complete Section 5				

Homework Set by teacher as relevant rotating between:

- **eRevision ZigZag (monitoring of progress and knowledge from topics taught, ONCE PER WEEK**
- **NEA coursework set and marked (Summative marking per half-term), ONCE PER HALF TERM**
- **past paper questions in preparation for progress tests to support revision and learning. AS SUITABLE FOR CLASS AND UPCOMING TEST**
- **Attendance of extra-curricular clubs and training MAIN COLLEGE SPORT & Badminton on Mondays. REGULAR MONITORING**