

Physical Education Curriculum Maps



As a dedicated sporting family, we offer a broad range of opportunities to overcome barriers in order to develop resilience, respect and confidence. We encourage all students to have high aspirations, take pride in their performance and achieve excellence. Through the use of sport, we aspire to change lives by promoting a healthy, active lifestyle and enjoyment of sport.

Core PE KS3/KS4

	HT 1	HT 2	HT 3	HT 4	HT 5	HT 6
Year 7	Baseline Assessment	OAA	Dance	Heath Related Fitness	Athletics	Athletics
	Baseline Assessment	Games	Games	Games	Striking and Fielding	Striking and Fielding
Year 8	Games	Games	Heath Related Fitness	Gymnastics	Athletics	Athletics
	Games	Games	Games	Games	Striking and Fielding	Striking and Fielding
Year 9	Net and Wall	Net and Wall	Heath Related Fitness	Games	Athletics	Athletics
	Games	Games	Games	Games	Striking and Fielding	Striking and Fielding
Year 10	Net and Wall	Games	Games	Net and Wall	Athletics	OAA
	Games	Net and Wall	Dance???	Games	Games	Striking and Fielding
Year 11	Net and Wall	Games	Health Related Fitness	Net and Wall	Striking and Fielding	
	Games	Net and Wall	Dance???	Games	Games	

Thinking Me	'Thinking Me' in Physical Education emphasises the understanding of tactics, skills, and rules, fostering self-assessment and critical evaluation to improve individual and team performance.
Social Me	'Social Me' in Physical Education highlights effective communication, leadership, and resilience, promoting a respectful and inclusive environment for personal and social growth.
Physical Me	'Physical Me' in Physical Education focuses on developing motor competence and strategic thinking through diverse activities and competitive scenarios, enhancing physical skills and problem-solving abilities.

KS4 BTHCC GCSE PE Curriculum

PE Vison -"As a dedicated sporting family, we offer a broad range of opportunities to overcome barriers to develop resilience, respect and confidence. We encourage all students to have high aspirations, take pride in their performance and achieve excellence. Through the use of sport, we aspire to change lives by promoting a healthy, active lifestyle and enjoyment of sport."

GCSE PE						
Paper 1: The human body and movement in physical activity and sport (30%)			Paper 2: Socio-cultural influences and well-being in physical activity and sport (30%)			
Non-exam assessment: Practical Performance in physical activity and sport (40%)						
	HT 1	HT 2	HT 3	HT 4	HT 5	HT 6
Year 10	Paper 1: Applied Anatomy & Physiology	Paper 1: Physical Training	Paper 2: Sport Psychology	Paper 2: Socio-cultural influences	Paper 1: Applied Anatomy & Physiology	Non-exam assessment: Analysis & Evaluation
	Paper 1: Physical Training	Paper 2: Sport Psychology	Paper 2: Socio-cultural influences	Paper 1: Applied Anatomy & Physiology	Paper 2: Health, Fitness & Well-being	
	Non-exam assessment: Practical Sports	Non-exam assessment: Practical Sports	Non-exam assessment: Practical Sports	Non-exam assessment: Practical Sports	Non-exam assessment: Practical Sports	
Year 11	Paper 1: Movement Analysis	Paper 1: Applied Anatomy & Physiology	Paper 1: Physical Training	Paper 1: Retrieval Practice based on teacher assessment	Paper 2: Retrieval Practice based on teacher assessment	
	Paper 2: Sport Psychology		Paper 1 & 2: Use of Data			
	Non-exam assessment: Analysis & Evaluation	Paper 2: Socio-cultural influences	Paper 2: Health, Fitness & Well-being	Non-exam assessment: Practical Sports	Non-exam assessment: Practical Sports	

Assessment Objective	Assessment Description
AO1	Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
AO2	Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
AO3	Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.
AO4	Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.

KS4 BTHCC Cambridge National Sports Studies Level 2 - Curriculum

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Cambridge National Sports Studies Level 2 New Specification						
R184: Contemporary Issues in Sport (Exam) 70 marks available				R185: Sport Leadership and Performance 80 marks available		
R187: Develop knowledge and awareness for Outdoor Activities (Optional Unit) 40 marks available						
	HT 1	HT 2	HT 3	HT 4	HT 5	HT 6
Year 10	R185: Sport Leadership and Performance Performance analysis	R185: Sport Leadership and Performance Performance analysis	R185: Sport Leadership and Performance Session planning	R185: Sport Leadership and Performance Session delivery and evaluation	R185: Sport Leadership and Performance Session delivery and evaluation	R187: Outdoor Activities Topic Area 3
Year 11	R184: Contemporary Issues in Sport Topic area 1 & 2	R184: Contemporary Issues in Sport Topic area 1, 2 & 3	R184: Contemporary Issues in Sport Topic area 2, 3 & 4	R184: Contemporary Issues in Sport Topic area 3, 4 & 5	R184: Contemporary Issues in Sport All topics	R184: Exam June Series (Resits)
	R187: Outdoor Activities Topic Area 1 and 2	R187: Outdoor Activities Topic Area 2 and 4				

Topic	Contemporary Issues in Sport : Description
Topic Area 1	Issues which affect participation in sport
Topic Area 2	The role of sport in promoting values
Topic Area 3	The implications of hosting a major sporting event for a city or country
Topic Area 4	The role National Governing Bodies (NGBs) play in the development of their sport
Topic Area 5	The use of technology in sport

BTHCC A Level PE Curriculum



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A Level PE						
Paper 1: Physiological factors affecting performance (90 marks – 2 hour written paper_(30%)		Paper 2: Psychological factors affecting performance (60 marks – 1 hour written paper) (20%)			Paper 3: Socio-cultural issues in physical activity and sport (60 marks – 1 hour written paper) (20%)	
Non-exam assessment: Performance in physical education (60 marks) (30%)						
	HT 1	HT 2	HT 3	HT 4	HT 5	HT 6
Year 12 Paper 1	Physiological factors affecting performance: Diet and Nutrition	Physiological factors affecting performance: Ergogenics aids	Physiological factors affecting performance: Types of training/Skeletal and Muscular systems	Physiological factors affecting performance: Types of training/Cardiovascular and Respiratory systems	Physiological factors affecting performance: Periodisation of training/Applied anatomy and physiology	Physiological factors affecting performance: Impact of training/Biomechanical principles and technology
Paper 2	Psychological factors affecting performance: Skill acquisition	Psychological factors affecting performance: Skill acquisition	Psychological factors affecting performance: Sport psychology	Psychological factors affecting performance: Sport psychology	Retrieval practice for paper 2	Retrieval practice for paper 2
Paper 3	Sport and Society: Emergence & evolution of modern sport	Sport and Society: Emergence & evolution of modern sport	Sport and Society: Emergence & evolution of modern sport	Sport and Society: Emergence & evolution of modern sport	Sport and Society: Global Sporting Events	Sport and Society: Global Sporting Events
NEA	Non-exam assessment: Performance in physical education					
Year 13 Paper 1	Physiological factors affecting performance: Injury and rehabilitation	Physiological factors affecting performance: Injury and rehabilitation	Physiological factors affecting performance: Environmental effects	Physiological factors affecting performance: Motions and fluid mechanics	Paper 1 KNOWLEDGE AND SKILLS RECALL AND RETRIEVAL BASED ON: IN CLASS ASSESSMENT, FEEDBACK AND QUESTION LEVEL ANALYSIS SPECIFIC TO CLASS REQUIREMENTS	
Paper 2	Psychological factors affecting performance: Skill acquisition	Psychological factors affecting performance: Sport psychology	Psychological factors affecting performance: Skill acquisition	Psychological factors affecting performance: Sport psychology	Paper 2 KNOWLEDGE AND SKILLS RECALL AND RETRIEVAL BASED ON: IN CLASS ASSESSMENT, FEEDBACK AND QUESTION LEVEL ANALYSIS SPECIFIC TO CLASS REQUIREMENTS	
Paper 3	Contemporary issues in physical activity & sport: Ethics & deviance in sport	Contemporary issues in physical activity & sport: Commercialisation & Media	Contemporary issues in physical activity & sport: Routes to sporting excellence in the UK	Contemporary issues in physical activity & sport: Modern Technology in Sport	Paper 3 KNOWLEDGE AND SKILLS RECALL AND RETRIEVAL BASED ON: IN CLASS ASSESSMENT, FEEDBACK AND QUESTION LEVEL ANALYSIS SPECIFIC TO CLASS REQUIREMENTS	

BTHCC Level 3 Cambridge Technicals in Sport and Physical Activity



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Cambridge Technical Level 3 Sport and Physical Activity (360 GLH)

	Unit 1:- Body systems and the effects of physical activity (90GLH)	Unit 2:- Sports Coaching and activity leadership (90GLH)	Unit 3:- Sports organisation and development (GLH)	Unit 5:- Performance analysis in sports and exercise (60GLH)	Unit 17:- Sports injuries and rehabilitation (60GLH)	
	HT 1	HT2	HT3	HT4	HT5	HT6
Year 12 Unit 1:	Unit 1:- Understand the skeletal system in relation to exercise and physical activity	Unit 1:- Understand the muscular system in relation to exercise and physical activity	Unit 1:- Understand the cardiovascular system in relation to exercise and physical activity	Unit 1:- Understand the respiratory system in relation to exercise and physical activity/ Energy systems	Unit 1 Exam Retrieval practice	
Unit 2	Unit 2:- Know the roles and responsibilities of sports coaches and activity leaders	Unit 2:- Understand principles which underpin coaching and leading/ understand methods to improve skills, techniques and tactics in sport	Unit 2:- Be able to plan sports and activity sessions/ Be able to prepare sports and activity environments	Unit 2:- Be able to deliver sports and activity sessions	Be able to review sports and activity sessions/ Unit 2 submission	
Unit 3						Unit 3:- Introduction to unit 3 content
Unit 17						Unit 17:- Introduction/ Know common injuries and their effects
Year 13 Unit 3	Unit 3:- Understand how sport in the UK is organised	Unit 3:- Understand sports development	Unit 3:- Understand how the impact of sports development can be measured	Unit 3:- Methods of delivering sports development Unit 3 Exam		
Unit 17	Unit 17:- Be able to minimise the risk of sports injuries/ Be able to respond to acute sports injuries when they occur	Unit 17:- Know the role of different sports agencies in the treatment and rehabilitation of sports injuries	Unit 17:- Be able to plan a rehabilitation programme for a specific sports injury	Unit 17:- Submission		
Unit 5	Unit 5:- Understand performance profiling and how to carry out performance profiling	Unit 5:- Be able to analyse performance	Unit 5:- Be able to give feedback on performance	Unit 5:- Submission		