

Subject: GCSE PE

Year group: 10

Curriculum Map

Autumn Term (Sep-Dec)

1st Half Term

Physical, Emotional & Social benefits of sport

Lifestyle Choices & consequences of a sedentary lifestyle

2nd Half Term

Energy use, diet, nutrition & hydration

Spring Term (Jan-Mar)

1st Half Term

Relationship between health & fitness.

Components of fitness, benefits for sport & fitness tests

Principles & Methods of training

2nd Half Term

Goal setting – SMART targets

Treatment of injuries

Energy sources – aerobic & anaerobic

Summer (Apr-July)

1st Half Term

Performance enhancing drugs

Classification of skill

2nd Half Term

Forms of practice

Types of guidance

Mental preparation

Exam Board, Qualification and Specification Code: Edexcel GCSE (9-1) Physical Education (1PE0)

Useful Websites and Resources:

- Revision resources and past papers are available on the VLE (Fullbrook Anywhere).
- Revision Guide – yet to be produced for the new specification, but will be available to purchase directly from the PE office.
- <http://www.bbc.co.uk/education/subjects/znyb4wx>

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