

1. Curriculum map by Year: Year 10 GCSE PE

			Lesson Focus	Homework	Assessment	Enrichment
Autumn 1	05.09.22	Week 1	3.2.1 Sports Psychology (Paper Two) - Skill and ability - Classification of skills	Homework – 4 mark question ‘classify the skill of marathon running using each of the following classifications (basic/complex, open/closed, self paced/externally-paced, gross/fine)		Enrichment Clubs are advertised around school, on our website and our social media. Trips: - Champoins League Fixure Interhouse Competitions: - Basketball - Netball
	12.09.22	Week 2	3.2.1 Sports Psychology (Paper Two) - Types of goals - Use and evaluation of goals using examples	Formative Assessment – 9 mark question (Discuss the effectiveness of goal setting for an elite and amateur athlete) Homework – 4 mark question ‘classifiy the skill of marathon running for each of the following classifications (basic/complex, open/closed, self/externally paced, gross/fine)		
	19.09.22	Week 3	3.2.1 Sports Psychology (Paper Two) - SMART targets - Information processing	Formative assessment/homework – 6 mark question (using the information processing model, analyse how a performer hits a ball or shuttlecock in a racket sport of your choice)		
	26.09.22	Week 4	3.2.1 Sports Psychology (Paper Two) - Types of guidance - Types of feedback	Formative assessment – lesson 7 Exam Pro questions on Guidance Homework – revise for summative assessment TEST 1		
	03.10.22	Week 5	3.2.1 Sports Psychology (Paper Two) - Arousal - Inverted U theory	Homework/Formative assessment: Lesson 9 Exam pro questions on Arousal		
	10.10.22	Week 6	3.2.1 Sports Psychology (Paper Two) - Effect of skill level on arousal - Control of arousal			
	17.10.22	Week 7	3.2.1 Sports Psychology (Paper Two)	Formative assessment/homework – 6 mark extended answer ‘Discuss why intrinsic		

			- Aggression - Personality types	motivation is more powerful than extrinsic motivation'		
Autumn 2	31.10.22	Week 8	3.2.1 Sports Psychology (Paper Two) - Motivation - Evaluation of merits HOMEWORK – REVISE FOR TEST	Revision for test		
	07.11.22	Week 9	3.2.1 Sports Psychology (Paper Two) - Revision of topic and exam technique		Summative assessment END OF TOPIC TEST (3.2.1) – cumulative (everything so far)	Enrichment Clubs are advertised around school, on our website and our social media. Trips: - International Football Fixture - Basketball Fixture Interhouse Competitions: - Gymnastics
	14.11.22	Week 10	3.2.1 Sports Psychology (Paper Two) - Feedback from test - Correction of common mistakes	Formative assessment/homework – 6 mark question 'discuss why intrinsic motivation is more powerful than extrinsic motivation.		
	21.11.22	Week 11	3.2.3 Health, Fitness and WB (Paper Two) - Reasons for participation (links to health) - Consequences of a sedentary lifestyle			
	28.11.22	Week 12	3.2.3 Health, Fitness and WB (Paper Two) - Obesity - Somatotypes	Formative assessment/homework – lesson 15 exam pro questions 6 mark question extended writing 'discuss whether an extreme mesomorph would be the ideal body type for endurance activities such as long distance running'.		
	05.12.22	Week 13	3.2.3 Health, Fitness and WB (Paper Two) - Energy use - Nutrition (balanced diet)	Formative assessment starter: linked to 6 mark homework question pupils given a model answer and must complete self assessment form		

	12.12.22	Week 14	3.2.3 Health, Fitness and WB (Paper Two) - Functions of main nutrients - Water balance (hydration)			
Spring 1	02.01.23	Week 15	3.2.3 Health, Fitness and WB (Paper Two) - Revision of topic and exam technique		Summative assessment END OF TOPIC TEST (3.2.3) – cumulative – everything so far	Enrichment Clubs are advertised around school, on our website and our social media. Trips: - PGL Residential Interhouse Competitions: - Dodgeball - Badminton
	09.01.23	Week 16	3.2.3 Health, Fitness and WB (Paper Two) - Feedback from test - Corrections of common mistakes			
	16.01.23	Week 17	3.1.3 Physical Training (Paper One) - Health and fitness - The relationship between health and fitness			
	23.01.23	Week 18	3.1.3 Physical Training (Paper One) - Components of fitness - Links to sports and physical activity	6 mark question extended writing – evaluate the importance of agility and reaction time for 2 sporting examples given (100m sprinter & Footballer) – TEACHER MARKED		
	30.01.23	Week 19	3.1.3 Physical Training (Paper One) - Measuring the components of fitness - Reasons for and limitations of fitness tests	Formative assessment/homework – extended writing questions (2 4 marks and 1 6 marker) based on key words EVALUATE and JUSTIFY in relation to fitness testing		
	06.02.23	Week 20	3.1.3 Physical Training (Paper One) - Types of training - Advantages and disadvantages			
	13.02.23	Week 21	3.1.3 Physical Training (Paper One) - Principles of training	Formative assessment for extended writing – 9 mark question ‘ Evaluate the importance of applying training principles to a training		

			- Application of principles of training	programme. Pupils have a structure sheet to help them prepare answer. Peer assessment task and Teacher marked Formative assessment homework – Exam pro questions on principles of training – Teacher marked and pupils use mark scheme for corrections		
Spring 2	27.02.23	Week 22	3.1.3 Physical Training (Paper One) - Calculating intensities - Preventing injury - Warming up and cooling down	Formative assessment/homework – Pupils complete questions on training zones SUMMATIVE ASSESSMENT TEST 3 MODEL ANSWERS FOR LONG ANSWER QUESTIONS		Enrichment Clubs are advertised around school, on our website and our social media. Trips: - Netball Super League Interhouse Competitions: - Football - Handball
	06.03.23	Week 23	3.1.3 Physical Training (Paper One) - Specific training techniques - Seasonal aspects			
	13.03.23	Week 24	3.1.3 Physical Training (Paper One) - Revision of topic and exam technique		Summative assessment END OF TOPIC TEST (3.1.3) – cumulative (everything so far)	
	20.03.23	Week 24	3.1.3 Physical Training (Paper One) - Feedback from test - Correction of common mistakes			
	27.03.23	Week 26	3.1.2 Movement Analysis (Paper One) - Lever systems - Sporting examples	Homework – GCSE POD on levers and biomechanics and answer questions		
Sum	17.04.23	Week 27				Enrichment Clubs are advertised around school, on our website and our

	24.04.23	Week 28	3.1.2 Movement Analysis (Paper One) - Sporting examples (cont.) - Mechanical advantage			social media.
	01.05.23	Week 29	3.1.2 Movement Analysis (Paper One) - Analysis of movements			Trips: - Woman's FA Cup Final Interhouse Competitions: - Hockey - Cross Country
	08.05.23	Week 30	3.1.2 Movement Analysis (Paper One) - Planes and axes	Homework – 6 mark question 'using a sport of your choice explain the significance of the sagittal plane/transverse axis for a sports performer. Peer assess for A01, A02 and A03 – TEACHER Marks Pupils complete corrections to their homework after looking at the model answer and adding to the content.		
	15.05.23	Week 31	3.1.2 Movement Analysis (Paper One) - Revision of topic and exam technique		Summative assessment END OF TOPIC TEST (3.1.2) - cumulative	
	22.05.23	Week 32	3.1.2 Movement Analysis (Paper One) - Feedback from test - Correction of common mistakes			
	05.06.23	Week 33	Catch up week – revision for year 10 mock exam			Enrichment Clubs are advertised around school, on our website and our social media.
Summer 2	12.06.23	Week 34	3.1.1.2 Applied Anatomy and Physiology - main bones in the body - Structure and function of the skeleton			Trips: - Cricket T20 - Indoor Athletics Interhouse Competitions: - Cricket - Rounders - Sports Day
	19.06.23	Week 35	3.1.1.2 Applied Anatomy and Physiology - main muscles in the body - synovial joints	Revision for mock exam		

	26.06.23	Week 36	3.1.1.2 Applied Anatomy and Physiology - movements at a joint linked to sporting actions - Antagonistic pairs	Revision for mock exam		
	03.07.23	Week 37	3.1.1.2 Applied Anatomy and Physiology - the pathway of air - gaseous exchange		Summative assessment MOCK EXAMS – Test on all topics so far	
	10.07.23	Week 38				
	17.07.23	Week 39				

