



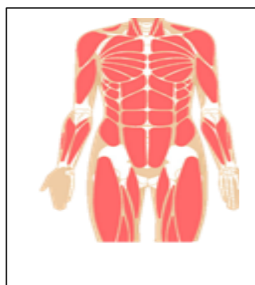
# Gordon's School P.E Department

## GCSE - Curriculum Map



### Key Words / Skills:

Evaluate  
Analyse  
Discuss  
Justify  
Describe  
Explain



### Revision

You will revise for your Year 10 exams, spending time on recall of information from the topics covered and applying knowledge to exam questions.

### 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.



### Warm up and Cool down

You will learn about the components of a warm up and cool down, applying 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.

### AEP

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 the performance and producing an action plan to improve the quality and effectiveness of the performance.

### Exam Specification:



Should this QR code not work, please click [here](#) for the relevant specification.

## Year 11

## Year 10

### J587/02

You will sit paper 2: **Socio-cultural Issues and Sports Psychology.**

### 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.

### 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 (DCMS).

### 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.

### Types of Training

You will learn about the different Types of Training and apply your knowledge to design a training programme to improve different components of fitness.

### 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 programme.

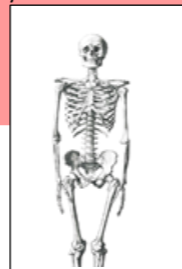


### Joints and Types of Movement

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

### 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.



### 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.

### 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.

### Effects of Exercise

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

### Effects of Exercise

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

### 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 and sport.

### 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.

### Diet & Nutrition

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 sport.

### Types of Feedback

You will learn and understand the different types of feedback and be able to apply practical examples to their use.

### Types of Guidance

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.

### 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 to 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 examples of the characteristics of skilful

### Drugs in Sport

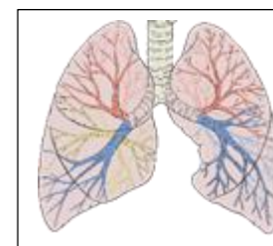
You will learn and understand the reasons sports performers use PEDs as well as the types of drugs, examples and their effect on performance.

### Violence in Sport

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

### 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

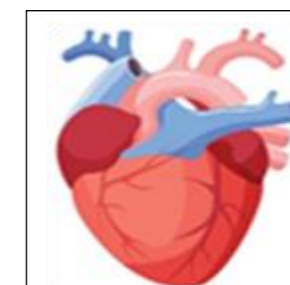


### Aerobic v Anaerobic

You will learn about aerobic and anaerobic exercise and be able to apply practical examples in relation to intensity and duration

### Cardiovascular System

You will learn about the double-circulatory 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 red blood cells.



### 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.

### 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



### 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.

### Strategies to improve participation

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

### Recommended Reading

