

Levenshulme High School GCSE PE Journey

GCSE Curriculum Map

Careers in Sport

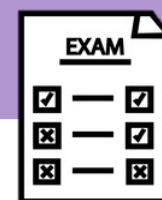
- Physiotherapist
- Nutritionist
- Sport Psychologist
- Exercise Physiologist
- Sports Analyst
- Coach
- Leisure Industry
- PE Teacher

A – Level PE

BTEC Sport

Examination

Paper 1 covers Applied Anatomy & Physiology and Physical Training.
Paper 2 covers Socio-Cultural Influences, Sports Psychology & Health, Fitness & Well-Being.



Violence & Deviance in Sport



Ethical & Socio-Cultural Issues

Learners will understand the ethics in sport including sportsmanship, gamesmanship and deviance. The effects of drugs in sport and why performers take them will be understood along with reasons for player violence.

Golden Triangle



Sponsorship

Media

Commercialisation of Sport

Learners will develop an understanding of commercialisation in sport, along with the positive/negative influences of media on participation and performances in sport.

Sportsmanship & Gamesmanship



Performance Enhancing Drugs



Practical Moderation

Engagement Patterns

Learners will develop their knowledge and understanding of current participation trends, factors affecting participation and strategies to promote participation across a range of different groups in society.



Diet & Nutrition



Apply benefits to different age groups

Consequences of a sedentary lifestyle



Physical, Emotional & Social benefits of exercise

Health, Fitness & Well-Being

Learners will understand the benefits of participating in physical activity to health, fitness and well-being. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle. Learners will develop an understanding of the main components of a balanced diet, including the effects of these components and hydration on performers.

Types of guidance & Feedback



Mental Preparation

Sport Psychology

Learners will understand the psychological factors that can affect performers. Learners will also develop knowledge of the characteristics and classification of skilful movements, along with goal setting, guidance and feedback, and mental preparation.

Effects of exercise on the body



Respiratory System



Cardiovascular System



Muscular System



Skeletal System



Anatomy & Physiology

Learners will develop knowledge and understanding of the body systems, bones, muscles and movement planes that are important to physical activity.



Preventing Injuries

Warming Up & Cool Down



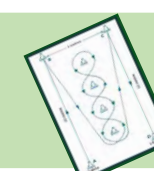
Training Methods



Principles of Training



Components of Fitness & Testing



Physical Training

Learners will develop their knowledge and understand of the components of fitness required for physical activities and how each can be measured, be able to apply training principles to training programmes, along with knowing how to optimise training and prevent injury.



Year 10

Personal Exercise Plan (PEP)

Learners will analyse and evaluate their own performance in their chosen sport. Learners will need to include:

- Analyse aspects of personal performance in a practical activity.
- Evaluate the strengths and weaknesses of the performance.
- Produce an action plan which aims to improve the quality and effectiveness of the performance.

Characteristics & Classification of a skill

Options Pathway

Learners will receive information course content and skills needed for GCSE PE in lesson via PE staff



SUMMER Booklet

Learners will receive flipped learning booklet of basic course content.

Year 9

Your GCSE PE Journey starts here