

Curriculum Map : Physical Education



BTEC Qualification in Physical Education

Decision making/psychology
Performance

FITNESS.

LEADING

Physiology

KS4 Core PE
Pupils tackle complex and demanding physical activities. They get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

Year 11
Confidence and understanding of how and where marks are gained in exams. Interpreting data and justifying the changes to enhance sporting success. Explaining using key language their understanding of how different factors influence sport.

Year 10
Gain knowledge and specialised vocabulary to apply to coursework's. Develop and apply physiology and psychology to sporting examples. Developing exam technique.

KS3 Core PE
Pupils build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.

Can lead a 2 part warm up with a level of confidence. Can recognise faults in other students technique.

Can give prompted feedback on what they can see (aesthetics) rather than quality of performance

Can make the right decision in a small game situation but doesn't always pull off the skill.

Recognises 3 stages of a warm up. Can offer stretching ideas.

Can transfer skills to a game situation. Can perform a wide range of skills.



Understanding and knowledge on musculoskeletal and cardiorespiratory systems

Highly influential in the game. Decisions effect opponents' actions. Advanced tactical awareness

Influential in a game situation. Analysis and creative for own and others improvements

Confident to lead full warmup and referee a game with sound knowledge.

Further knowledge on linking the methods of training to the benefits on components of fitness.

SUMMER TERM

SPRING TERM

AUTUMN TERM

11

SUMMER TERM

SPRING TERM

Considers possible outcomes before making a decision

Revision- Past papers and individual topics.

Can adapt to changing situations. Is reliable, confident and organised.

Decisions may influence the game, be planned and tactical.

Complete all coursework

Sets own fitness goals and SMART targets to enable fitness improvements.

Can perform more complex skills. Is able to adapt to the changing environment and can play a variety of rolls.

Communicates with a level of confidence verbally/non verbally to larger groups

AUTUMN TERM

Shows a developed awareness for tactics/technique. Can perform a wide range of skills with a level of accuracy

Shows understanding of self motivation in fitness and is able to motivate others to greater success

Can use key terminology to communicate to others

Decisions usually have a positive outcome and show tactical awareness

Can set up circuit training and understand what muscles are being worked by each station. Recovery rate analysed and linked to cardiovascular fitness.

Can perform more complex skills. Is able to adapt to the changing environment and can play a variety of rolls.

Understands the long term benefits and importance in training

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Able to help organise training methods, with guidance and what component of fitness it will help to improve

Shows a developed awareness for tactics/technique. Can perform a wide range of skills with a level of accuracy

Shows understanding of self motivation in fitness and is able to motivate others to greater success

Can use key terminology to communicate to others

Decisions usually have a positive outcome and show tactical awareness

Can set up circuit training and understand what muscles are being worked by each station. Recovery rate analysed and linked to cardiovascular fitness.

Can perform more complex skills. Is able to adapt to the changing environment and can play a variety of rolls.

Understands the long term benefits and importance in training

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Can lead a 2 part warm up with a level of confidence. Can recognise faults in other students technique.

Knows how to train safely and can lead the 3 stages of the warmup.

Recognise the muscle group that is being stretched and experience different fitness training

KS3 Core PE
Pupils build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.

Can give prompted feedback on what they can see (aesthetics) rather than quality of performance

Can make the right decision in a small game situation but doesn't always pull off the skill.

Recognises 3 stages of a warm up. Can offer stretching ideas.

Can transfer skills to a game situation. Can perform a wide range of skills.

Knows about Resting heart rate. Understands importance of fitness

Can perform fundamental skills in a practice situation, developing them to a game situation.

Can lead part of a warm up with support. Able to give basic feedback.

Can take pulse rate and can experience it increasing during exercise

Introduction to some muscle names and short term effects of exercise

Allows others to make decisions. Works well in drills/ closed practices.

Can identify basic skills from sport but can't perform them consistently.

AUTUMN TERM

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SUMMER TERM

SPRING TERM

AUTUMN TERM

7