SAFFRON VALLEY COLLEGIATE
BE READY, BE RESPECTFUL, BE SAFE
ALTERNATIVE TRUST

PHYSICAL EDUCATION THEORY CURRICULUM MAP

Optional Full Course if applicable

Unit 3: Tecnology in Sport
Unit 4: Psychology of sport and physical activity
Goal-setting
Information processing
Guidance
Mental preparation
Motivation
Characteristics of a skilled performance

Types of practice
Data analysis

Unit 5
Participation Provision, Data
Performance Analysis

REVISION

REVISION & GCSE Physical Education Exam

Further Study
- A-Level Physical Education, A Level Sport Studies, A Level Sport Science, Btec Sport Btec Sport Science,

Career Paths
- Personal Trainier, Sport Psychologist, Physio therapist, Life Guard, Sport Coach,

Skills
- Coordination, Agility, Balance, Power, Speed, Reaction Time; writing & communication, analysing, investigative skills, problem solving, evaluating. Analysing

Component 2: Performance skills
Skills and techniques
Decision making skills
Problem solving solutions
Appropriate physical characteristics
Psychological control
Adherence to health and safety guidelines

Their participation as an active team member

Year 11

Units 1-3: Data Handling
- All three of the previous units will include aspects of data handling.

Unit 1: Health, Training & Exercise
Components of fitness
Methods of training
Training zones
Principles of training and exercise

Unit 1: Health, Training & Exercise continued
Health, fitness and well-being
The contribution physical activity makes to health and fitness
Consequences of a sedentary lifestyle
Diet and nutrition

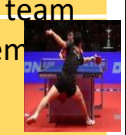
Unit 3: . Movement analysis
Muscle contractions
Lever system
Planes and axes of movement

Unit 2: Exercise Physiology
Muscular-skeletal system
Cardio-respiratory and vascular system
Aerobic and anaerobic exercise
Short and long term effects of exercise

Eduqas GCSE Physical Education

Year 10

Component 2
Their participation as an active team mem



Year 10

Component 2: Performance skills
Skills and techniques
Decision making skills
Problem solving solutions
Appropriate physical characteristics
Psychological control
Adherence to health and safety guidelines

Performance in Invasion Games (Hand Ball/Dodgeball/Tag) and Net/Wall Games (Tennis). Track & Field (Re
Fielding

Development of Invasion Games: Handball/Dodgeball/Tag. Net & Wall Games (Tennis). Track & Field (Relay) Striking & Fielding Games (Rounders).

Introduction to Invasion Games:Handball/Dodgeball/ Tag. Net & Wall Games (Tennis). Striking & Fielding Games (Rounders).

Year 7-9

KS3

Jami

eduqas
Part of WJEC