


**Sport and Health Studies - GSA Curriculum Map 2021-22**

The **Intent** of Physical Education Curriculum at George Spencer Academy is to develop Physical Education students that:

- Use Physical Education to enhance knowledge and skills in a range of sports and activities so that students may be able to expertly and competently demonstrate and apply new techniques and a greater understanding of the use of tactics and strategies to overcome opponents.
- Develop a range of life and employability skills in order to be effective members of society.
- Benefit from a range of opportunities to develop a lifelong love for Physical Education and embed the importance of leading a healthy and active lifestyle.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Key Stage 3</b>						
Topics <b>(Typical Example)</b>	Football Health Related Fitness	Netball Gymnastics	Basketball Dance	Rugby Badminton	Tennis Athletics	Rounders Cricket
Life Skills	Character	Leadership	Problem Solving	Communication	Teamwork	Mindset
Links	<p>Pupils should 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. They should understand what makes a performance effective and how to apply these principles to their own and others work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long -term health benefits of physical activity</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>● use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</li> <li>● develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</li> <li>● perform dances using advanced dance techniques within a range of dance styles and forms</li> <li>● take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</li> <li>● analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> <li>● take part in competitive sports and activities outside school through community links or sports clubs.</li> </ul>					
Cross-Curricular Links	 <b>GCSE PE- Musculoskeletal System Y10 HT1</b>					

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Resources	Twitter link to physical workouts: DAREEBEE - <a href="https://twitter.com/dareebes">https://twitter.com/dareebes</a> The Body Coach - <a href="https://twitter.com/thebodycoach">https://twitter.com/thebodycoach</a>
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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Key Stage 4						
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Topics <b>(Typical Example)</b>	Football	Fitness Suite	Badminton	Trampolining	Tennis	Softball
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Life Skills	Character	Leadership	Problem Solving	Communication	Teamwork	Mindset
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Links	<p>Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>• use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</li> <li>• develop their technique and improve their performance in other competitive sports, [for example, athletics and gymnastics], or other physical activities [for example, dance]</li> <li>• take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</li> <li>• evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</li> <li>• continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.</li> </ul>
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Cross-Curricular Links	 <b>GCSE PE- Musculoskeletal System Y10 HT1</b>
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Resources	Twitter link to physical workouts: DAREEBEE - <a href="https://twitter.com/dareebes">https://twitter.com/dareebes</a> The Body Coach - <a href="https://twitter.com/thebodycoach">https://twitter.com/thebodycoach</a>
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Year 10 GCSE PE						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	<p>Paper 1-Applied anatomy and physiology (musculoskeletal system)  <a href="https://members.gcsepod.com/shared/podcasts/title/12402/76330">https://members.gcsepod.com/shared/podcasts/title/12402/76330</a>  <a href="https://members.gcsepod.com/shared/podcasts/title/12403/76333">https://members.gcsepod.com/shared/podcasts/title/12403/76333</a>  <a href="https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8378">https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8378</a></p> <p>Paper 2-Health fitness and wellbeing  <a href="https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8495">https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8495</a></p>	<p>Paper 1- Applied anatomy and physiology (cardio-respiratory system)  <a href="https://members.gcsepod.com/shared/podcasts/title/12404/76335">https://members.gcsepod.com/shared/podcasts/title/12404/76335</a>  <a href="https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8378">https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8378</a></p> <p>Paper 2-Health fitness and wellbeing  <a href="https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8495">https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8495</a></p>	<p>Paper 1-Physical Training- Fitness and training  <a href="https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8800">https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8800</a></p> <p>Paper 2- Sports Psychology  <a href="https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8681">https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8681</a></p>	<p>Paper 1-Physical Training- Fitness and training  <a href="https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8800">https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8800</a></p> <p>Paper 2- Sports Psychology  <a href="https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8681">https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8681</a></p>	PEP- Coursework section	PEP- Coursework
Skills	Knowledge Application Evaluation	Knowledge Application Evaluation	Knowledge Application Evaluation	Knowledge Application Evaluation	Application .	Application
Links (Edexcel)	Component 1) 1.1-1.2 Component 2)1.1-1.3	Component 1)1.3-1.4 Component 2) 1.1-1.3	Component 1) 3.1- 3.3 Component 2) 2.1-2.4	Component 1)3.3-3.6 Component 2) 2.1-2.4	Component 4	Component 4
Cross-Curricular Links	<b>Diet - Food Tech - HT1 &amp; 2</b>	<b>Biology HT4 - respiratory</b>	<b>Psychology -Year 11</b>		<b>Graphs - Maths</b>	

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	Food Tech - HT1 Y10 Macro and micro nutrients Diet - Hospitality - Yr10 HT6 Diet - CPLD Year 10 HT2	system HT1- cardiovascular system Food Tech - HT1 Y10 Macro and micro nutrients	memory topic HT1		- HT3	
Resources	<a href="http://www.Everlearner.com">www.Everlearner.com</a> online videos and quizzes <a href="https://members.gcsepod.com/login">https://members.gcsepod.com/login</a> GCSEpod - podcasts to support content delivery					

Year 11 GCSE PE						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	<p>Paper 1: Paper 1-Physical Training- PEDs and Injuries <a href="https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8800">https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8800</a></p> <p><a href="https://members.gcsepod.com/shared/podcasts/title/13128/79527">https://members.gcsepod.com/shared/podcasts/title/13128/79527</a></p> <p>Movement Analysis: <a href="https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8486">https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8486</a></p> <p>Paper 2: Social Cultural Influences <a href="https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8495">https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8495</a></p> <p><a href="https://theeverlearner.com/course/25">https://theeverlearner.com/course/25</a></p> <p>Revision for PPE Nov</p>	<p>Paper 1: Revision/Review of Physical Training  <a href="https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8800">https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8800</a></p> <p>Paper 2: Revision/Review Sport Psychology  <a href="https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=681">https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=681</a></p> <p><a href="https://theeverlearner.com/course/25">https://theeverlearner.com/course/25</a></p>	<p>Paper 1: Revision/Review of Anatomy and physiology  <a href="https://members.gcsepod.com/shared/podcasts/title/12402/76330">https://members.gcsepod.com/shared/podcasts/title/12402/76330</a></p> <p><a href="https://members.gcsepod.com/shared/podcasts/title/12403/76333">https://members.gcsepod.com/shared/podcasts/title/12403/76333</a></p> <p>Paper 2: Revision/Review Health and wellbeing  <a href="https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8495">https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8495</a></p>	<p>Paper 1: Tailored Revision based Students needs and QLA from PPE</p> <p>Paper 2: Tailored Revision based Students needs and QLA from PPE  <a href="https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8887">https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1022&amp;topic_id=8887</a></p> <p><a href="https://theeverlearner.com/course/25">https://theeverlearner.com/course/25</a></p>	<p>Revision of all topics and all papers Walking talking PPE</p>	
Skills	Knowledge Application Evaluation	Knowledge Application Evaluation	Knowledge Application Evaluation	Application Evaluation Interpretation	Revision techniques	



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	Application Analysis	Application Analysis	Application Analysis	Application Analysis	Application Analysis	Application Analysis Demonstration
Links (AQA)	3.1.1 3.1.2	3.1.1 3.1.2	3.1.2 3.1.3	3.1.2 3.1.3	3.1.2 3.1.3	3.1.2 3.1.3
Cross curricular links	<b>Science Y12 HT1 Cardiovascular System</b>  <b>Science Y13 HT3 Respiratory System and Musculoskeletal</b>	<b>Science Y13 HT3 Energy systems</b>	<b>Psychology Y12 HT3/4 Behaviourism</b>		<b>Psychology Y12 HT2 Working Memory Model</b>	<b>Health &amp; Social Care Y12 HT 1 The barriers to participation in physical activity.</b>
Resources	A-Level PE videos and tests available to students on all students on Everlearner - <a href="https://www.theeverlearner.com/">https://www.theeverlearner.com/</a>					

Year 13 A-Level PE						
Topics	<p><b>Exercise Physiology</b> <a href="https://theeverlearner.com/course/34">https://theeverlearner.com/course/34</a> Diet and nutrition Injury prevention and the rehabilitation of injury</p> <p><b>Biomechanics</b> <a href="https://theeverlearner.com/course/39">https://theeverlearner.com/course/39</a> Biomechanical principles Levers Linear motion</p> <p><b>Psychological Factors</b> <a href="https://theeverlearner.com/course/43">https://theeverlearner.com/course/43</a> Aspects of personality Attitudes Arousal Theories Anxiety &amp; Stress &amp; Stress management techniques Goal setting</p> <p><b>Written - NEA</b></p>	<p><b>Biomechanics</b> <a href="https://theeverlearner.com/course/39">https://theeverlearner.com/course/39</a> Angular motion Projectile motion Fluid mechanics</p> <p><b>Psychological Factors</b> <a href="https://theeverlearner.com/course/43">https://theeverlearner.com/course/43</a> Aggression Motivation Achievement Motivation Theory Social Facilitation Group dynamics</p> <p><b>Written - NEA</b></p>	<p><b>Sociocultural Studies</b> <a href="https://theeverlearner.com/course/55">https://theeverlearner.com/course/55</a> Concepts of physical activity and sport Ethics in sport Violence in sport</p> <p><b>Psychological Factors</b> <a href="https://theeverlearner.com/course/43">https://theeverlearner.com/course/43</a> Attribution Theory Self efficacy &amp; Self Confidence Leadership</p> <p><b>Written - NEA</b></p>	<p><b>Sociocultural Studies</b> <a href="https://theeverlearner.com/course/55">https://theeverlearner.com/course/55</a> Sport and the law Drugs in sport</p> <p><b>Sociocultural Studies</b> <a href="https://theeverlearner.com/course/55">https://theeverlearner.com/course/55</a> Development of elite performers in sport (Organisations supporting elite)</p> <p><b>Written - NEA</b></p>	<p><b>Exercise Physiology</b> <a href="https://theeverlearner.com/course/34">https://theeverlearner.com/course/34</a> Preparation and training methods in relation to maintaining physical activity and performance</p> <p><b>Sociocultural Studies</b> <a href="https://theeverlearner.com/course/55">https://theeverlearner.com/course/55</a> Sociological theory applied to equal opportunities The role of technology in physical activity and sport (technology and sport analytics)</p> <p><b>Revision</b></p>	

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Skills	Knowledge Application Analysis Demonstration	Knowledge Application Analysis Demonstration	Knowledge Application Analysis Demonstration	Knowledge Application Analysis Demonstration	Knowledge Application Analysis Demonstration	
Links (AQA)	3.2.1 3.2.2	3.2.1 3.2.2	3.2.2 3.2.3	3.2.2 3.2.3	3.2.1 3.2.3	
Cross Curricular Links	Psychology Y13 (Pers) Psychology Y12 HT1 (Stress) Maths Y13 HT3 Moments	Maths Y13 HT4 Projectiles  Psychology Y13 HT2 FA Hypothesis Aggression	BTEC Sport Year 12 HT1 Sports Psychology			
Resources	A-Level PE videos and tests available to students on all students on Everlearner - <a href="https://www.theeverlearner.com/">https://www.theeverlearner.com/</a>					

Year 12 BTEC Level 3 National Extended Certificate in Sport						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

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Topics	Unit 6 - Sports Psychology  A - Understand how personality, motivation and competitive pressure can affect sport performance  B - Examine the impact of group dynamics in team sports and its effect on performance  C - Explore psychological skills training programmes designed to improve performance	Unit 6 - Sports Psychology  A - Understand how personality, motivation and competitive pressure can affect sport performance  B - Examine the impact of group dynamics in team sports and its effect on performance  C - Explore psychological skills training programmes designed to improve performance	Unit 1: Anatomy and Physiology  A - The effects of exercise and sports performance on the skeletal system  B - The effects of exercise and sports performance on the muscular system  C - The effects of exercise and sports performance on the respiratory system  D - The effects of sport and exercise performance on the cardiovascular system	Unit 1: Anatomy and Physiology  A - The effects of exercise and sports performance on the skeletal system B - The effects of exercise and sports performance on the muscular system C - The effects of exercise and sports performance on the respiratory system D - The effects of sport and exercise performance on the cardiovascular system E - The effects of exercise and sports performance on the energy systems	Unit 1: Anatomy and Physiology  A - The effects of exercise and sports performance on the skeletal system B - The effects of exercise and sports performance on the muscular system C - The effects of exercise and sports performance on the respiratory system D - The effects of sport and exercise performance on the cardiovascular system E - The effects of exercise and sports performance on the energy systems	Unit 2: Fitness Training and Programming for Health, Sport and Well-being A - Examine lifestyle factors and their effect on health and well-being -being B - Understand the screening processes for training programming C - Understand programme-related nutritional needs D - Examine training methods for different components of fitness E - Understand training programme design
Skills	AO1 Demonstrate//describe Knowledge. AO2 Apply/Explain AO3 Analyse	AO1 Demonstrate//describe Knowledge. AO2 Apply/ Explain AO3 Analyse	AO1 Demonstrate Knowledge. AO2 Apply AO3 Analyse AO4 Evaluate AO5 Make connections between	AO1 Demonstrate Knowledge. AO2 Apply AO3 Analyse AO4 Evaluate AO5 Make connections between	AO1 Demonstrate Knowledge. AO2 Apply AO3 Analyse AO4 Evaluate AO5 Make connections between	AO1 Demonstrate Knowledge. AO2 Apply AO3 Analyse AO4 Evaluate AO5 Make connections between
Links (Pearson)	Unit 6 Sports Psychology <a href="#">BTEC 2016 Specification</a>	Unit 6 Sports Psychology <a href="#">BTEC 2016 Specification</a>	Unit 1 Anatomy & Physiology <a href="#">BTEC 2016 Specification</a>	Unit 1 Anatomy & Physiology <a href="#">BTEC 2016 Specification</a>	Unit 1 Anatomy & Physiology <a href="#">BTEC 2016 Specification</a>	Unit 2 Fitness Testing & Training <a href="#">BTEC 2016 Specification</a>
Cross curricular links				Science Y12 HT1 Cardiovascular System  Science Y13 HT3 Respiratory System and Musculoskeletal	Science Y12 HT1 Cardiovascular System  Science Y13 HT3 Respiratory System and Musculoskeletal	
Resources	<b>Videos and tests available to all students on Everlearner - <a href="https://www.theeverlearner.com/">https://www.theeverlearner.com/</a></b> Revise BTEC National Sport Units 1 & 2 Revision Workbook, Revise BTEC National Sport Units 1&2 Revision Guide.					



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Unit 2: Fitness Training and Programming for Health, Sport and Well-being A - Examine lifestyle factors and their effect on health and well-being B - Understand the screening processes for training programming C - Understand programme-related nutritional needs D - Examine training methods for different components of fitness E - Understand training programme design	Unit 2: Fitness Training and Programming for Health, Sport and Well-being A - Examine lifestyle factors and their effect on health and well-being B - Understand the screening processes for training programming C - Understand programme-related nutritional needs D - Examine training methods for different components of fitness E - Understand training programme design Preparation for Unit 1: Anatomy and Physiology (Second attempt)	Unit 3: Professional Development in the Sports Industry A - Understand the career and job opportunities in the sports industry B - Explore own skills using a skills audit to inform a career development action plan C - Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway D - Reflect on the recruitment and selection process and your individual performance	Unit 3: Professional Development in the Sports Industry A - Understand the career and job opportunities in the sports industry B - Explore own skills using a skills audit to inform a career development action plan C - Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway D - Reflect on the recruitment and selection process and your individual performance	Preparation for Unit 2: Fitness Training and Programming for Health, Sport and Well-being (Second attempt)	
Skills	Demonstrate Apply Analyse Evaluate Justify	Demonstrate Apply Analyse Evaluate Justify	Demonstrate//describe Knowledge. Apply/ Explain Analyse	Demonstrate//describe Knowledge. Apply/ Explain Analyse		
Links (Pearson)	Unit 2 Fitness Testing & Training <a href="#">BTEC 2016 Specification</a>	Unit 2 Fitness Testing & Training <a href="#">BTEC 2016 Specification</a>	Unit 3: Professional Development in the Sports Industry <a href="#">BTEC 2016 Specification</a>	Unit 3: Professional Development in the Sports Industry <a href="#">BTEC 2016 Specification</a>	Unit 2 Fitness Testing & Training <a href="#">BTEC 2016 Specification</a>	
Cross curricular links						
Resources	<b>Videos and tests available to all students on Everlearner - <a href="https://www.theeverlearner.com/">https://www.theeverlearner.com/</a></b> Revise BTEC National Sport Units 1 & 2 Revision Workbook, Revise BTEC National Sport Units 1&2 Revision Guide.					