

Physical Education
Key Stage 4 Curriculum Map

Woolwich Polytechnic School for Boys

	AUTUMN 1 Health. Training and Exercise 1	AUTUMN 2 Health, Training and Exercise 2	SPRING 1 Exercise Physiology 1	SPRING 2 Exercse Physiology 2	SUMMER 1 Movement Analysis	SUMMER 2 Psychology of Sport
KEY CONTENT	Understanding health, fitness and diet, alongside the start of practical performance in a team activity.	Methods and principles of training, warm-up and cool-down, with continued team activity performance.	How the skeletal, muscular and cardio-respiratory systems work, alongside a new individual activity.	How the body responds and adapts to exercise, with continued individual activity performance.	How the body moves – levers, planes and the role of technology in sport, alongside full-game practical performance.	Goal-setting, motivation and learning, as students begin their third practical activity.
PLANNED ASSESSMENT	In class assessment.	End of topic exam	In class assessment.	End of topic exam	End of topic exam	In class assessment.

YEAR 10

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	AUTUMN 1 Psychology of Sport 2	AUTUMN 2 Socio-cultural Issues 1	SPRING 1 Socio-cultural issues 2	SPRING 2 Moderation and Revision Begins	SUMMER 1 Exam Revision	SUMMER 2 Final Examination
KEY CONTENT	Completing the psychology topic, while starting the Performance Analysis and Evaluation coursework.	Participation and provision in sport, alongside an 8-week personal training programme.	The media, sponsorship and ethics in sport, as practical coursework is completed and finalised.	Practical work is externally moderated in March; a full-course exam revision programme then begins.	Topic-by-topic revision and exam technique across all five areas of theory content.	Final revision, followed by the Component 1 written examination
PLANNED ASSESSMENT	End of topic exam	In class assessment.	End of topic exam	Practical external moderation	In class mocks	

YEAR 11