

## Culcheth High School Key Stage 4 Curriculum Map 2024 - 2025

**Subject:** PE GCSE Years 10 & 11

**Exam Board:** OCR

	Wk	Yr 9 Theory "Taster" 0.5 hrs per wk	Year 10 2.5 hrs per wk	Year 11 2.5 hrs per week
Autumn Term 1	1	Components of Fitness	Skeletal System	Commercialism In Sport
	2	Components of Fitness	Skeletal System	Commercialism In Sport
	3	Components of Fitness	Skeletal System	Commercialism In Sport
	4	Components of Fitness	Skeletal System	Commercialism In Sport
	5	Components of Fitness	Skeletal System QMA1	Ethical Issues in Sport QMA1
	6	Components of Fitness	Muscular System	Ethical Issues in Sport
	7	Components of Fitness	Muscular System	Ethical Issues in Sport
Autumn Term 2	8	Components of Fitness	Muscular System	Ethical Issues in Sport
	9	Components of Fitness	Muscular System	PPE1 Revision
	10	Components of Fitness	Movement analysis	PPE1 Revision
	11	Components of Fitness	Movement analysis QMA 2	PPE 1 Exams
	12	Components of Fitness	Components of Fitness	AEP Task section 5
	13	Components of Fitness	Components of Fitness	AEP Task section 6
	14	Components of Fitness	Components of Fitness	AEP Task section 6
Spring Term 1	15	Components of Fitness	Components of Fitness	Engagement patterns
	16	Components of Fitness	Components of Fitness QMA 3	Engagement patterns
	17	Components of Fitness	Principles of Training	Engagement patterns
	18	Components of Fitness	Principles of Training	Engagement patterns QMA2
	19	Components of Fitness QMA	Principles of Training	PPE 2 revision
	20	Components of Fitness QMA	Principles of Training	PPE 2 revision
Spring Term 2	21	Components of Fitness	Principles of Training QMA4	PPE2 exams
	22	Principles of Training	Preventing injury	Sports Psychology
	23	Principles of Training	Preventing injury	Sports Psychology
	24	Principles of Training	Preventing injury	Sports Psychology
	25	Principles of Training	Health, Fitness & Wellbeing	Sports Psychology
	26	Principles of Training	Health, Fitness & Wellbeing	Sports Psychology

	27	Principles of Training	Health, Fitness & Wellbeing QMA5	Revision	QMA3
Summer Term 1	28	Principles of Training	Components of Fitness Recap	Revision	
	29	Principles of Training	AEP Task Section 1	Revision	
	30	Principles of Training	AEP Task Section 2	Revision	
	31	Principles of Training	AEP Task Section 3	Revision	
	32	Principles of Training	AEP Task Section 4	Final GCSE EXAM	
Summer Term 2	33	Principles of Training	AEP Task Section 1-4 finishing	Final GCSE EXAM	
	34	Principles of Training	PPE revision		
	35	Principles of Training	PPE revision		
	36	Principles of Training	Yr 10 PPE exams		
	37	Principles of Training	Practicals		
	38	Principles of Training	Practicals		
	39	Principles of Training	Practicals		
IIAG Links		Listening Speaking Aiming High			