



QPHS Year 10 GCSE Physical Education Curriculum Map

Half term	Title	Unit summary	Assessment
1	Physical training (Topic 3)	<ul style="list-style-type: none"> ✓ The relationship between health and fitness and the role that exercise plays in both. ✓ The components of fitness, benefits for sport and how fitness is measured and improved. ✓ Types of training methods 	Physical training end of unit written assessment covering all aspects in unit summary.
	Applied anatomy and physiology (Topic 1)	<ul style="list-style-type: none"> ✓ The structure and functions of the musculo-skeletal system. ✓ Classification of bones, joints and muscle types ✓ Role of ligaments and tendons ✓ Antagonistic pairs ✓ How the skeletal and muscular systems work together 	Skeletal and muscular end of unit written assessment covering all aspects in unit summary.
2	Physical training (Topic 3)	<ul style="list-style-type: none"> ✓ The principles of training and their application to personal exercise/training programmes. ✓ How to optimise training and prevent injury. ✓ Effective use of warm up and cool down. 	Physical training end of unit written assessment covering all aspects in unit summary.
	Applied anatomy and physiology (Topic 1)	<ul style="list-style-type: none"> ✓ The structure and functions of the cardio-respiratory system. ✓ Vasoconstriction and vasodilation ✓ Lung volumes 	Cardio respiratory end of unit written assessment covering all aspects in unit summary.
3	Personal Exercise Programme	<ul style="list-style-type: none"> ✓ Coursework linked to a personal exercise programme (planning) 	Completed coursework will be assessed (10%)
	Applied anatomy and physiology (Topic 1)	<ul style="list-style-type: none"> ✓ The short- and long- term effects of exercise. (cardio-respiratory system) ✓ Anaerobic and aerobic exercise. 	Effect of exercise end of unit written assessment covering all aspects in unit summary.
4	Personal Exercise Programme	<ul style="list-style-type: none"> ✓ Coursework linked to a personal exercise programme (conducting) 	Completed coursework will be assessed (10%)
	Movement analysis (Topic 2)	<ul style="list-style-type: none"> ✓ Lever systems, examples of their use in activities and the mechanical advantage they provide in movement. ✓ Planes and axes of movement ✓ Use of data (Topic 4) 	Movement analysis end of unit written assessment covering all aspects in unit summary.
5	Personal Exercise Programme	<ul style="list-style-type: none"> ✓ Coursework linked to a personal exercise programme (evaluating) 	Completed coursework will be assessed (10%)
	Component 1 overview	<ul style="list-style-type: none"> ✓ Topic 1: Applied anatomy and physiology ✓ Topic 2: Movement analysis ✓ Topic 3: Physical training ✓ Topic 4: Use of data 	Full component 1 MOCK exam (36%)
6			