



## KS4 Curriculum Map – GCSE Sports Studies:

Topic	Knowledge <i>Substantive knowledge:</i> This is the specific, factual content for the topic, which should be connected into a careful sequence of learning.	Skills <i>Disciplinary knowledge:</i> This is the action taken within a particular topic in order to gain substantive knowledge.	Assessment Opportunities  What assessments will be used to measure student progress?
<p><b>Year 10 Term 1</b></p> <p>Component 1</p> <p>Topic 1 – Applied Anatomy and Physiology</p> <p>Topic 2 – Movement Analysis</p>	<p>Topics covered:</p> <ul style="list-style-type: none"> <li>• Skeletal System (Name and location of bones, functions of the skeleton, joints and movements)</li> <li>• Muscular System (Names and location, fibre type, types of contraction, type of muscle)</li> <li>• Structure of the heart</li> <li>• Cardiovascular system</li> <li>• Composition of blood</li> <li>• Respiratory system</li> <li>• Energy and energy sources</li> <li>• Performance Enhancing Drugs.</li> <li>• Lever system</li> <li>• Planes and Axis</li> </ul>	<ul style="list-style-type: none"> <li>• Small group discussion</li> <li>• Research</li> <li>• Group presentations</li> <li>• Teacher-led plenaries</li> <li>• Student’s ability to link the sport to a range of different sports (exam technique)</li> <li>• Applying the topic to wider sporting context/ issues within sport/ sport in the news to give more understanding for the application of knowledge.</li> </ul>	<ul style="list-style-type: none"> <li>• Q &amp; A</li> <li>• Formative and Summative Assessment</li> <li>• Peer Analysis</li> <li>• Low stake quizzes</li> <li>• Self-evaluation</li> <li>• Teacher Observation</li> </ul>
<p><b>Year 10 Term 2</b></p> <p>Topic 3 – Physical Training</p>	<p>Topics covered:</p> <ul style="list-style-type: none"> <li>• Fitness and health</li> <li>• Components of fitness</li> <li>• Fitness testing protocols</li> <li>• Principles of training</li> <li>• Training thresholds</li> <li>• Methods of training</li> <li>• Benefits of exercise on the muscular and skeletal system</li> <li>• Adaptations of exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Small group discussion</li> <li>• Research</li> <li>• Group presentations</li> <li>• Teacher-led plenaries</li> <li>• Student’s ability to link the sport to a range of different sports (exam technique)</li> <li>• Applying the topic to broader sporting context/ issues within sport/ sport in the news to give more understanding for the application of knowledge.</li> </ul>	<ul style="list-style-type: none"> <li>• Q &amp; A</li> <li>• Formative and Summative Assessment</li> <li>• Peer Analysis</li> <li>• Low stake Quizzes</li> <li>• Self-evaluation</li> <li>• Teacher Observation</li> </ul>

	<ul style="list-style-type: none"> <li>• Effects and benefits of exercise on the respiratory system.</li> </ul>		
<p><b>Year 10 Term 3</b></p> <p>Topic 3- Physical training</p> <p>Personal Exercise Program (Coursework 10%)</p>	<p>Topics covered</p> <ul style="list-style-type: none"> <li>• Injury prevention</li> <li>• Injuries</li> <li>• Warm up and cool down</li> </ul> <p>Students to finish learning Component 1.</p> <p>Students are to then complete Personal Exercise Program (PEP) coursework for the remainder of the academic year.</p>	<ul style="list-style-type: none"> <li>• Small group discussion</li> <li>• Research</li> <li>• Group presentations</li> <li>• Teacher-led plenaries</li> <li>• Student's ability to link the sport to a range of different sports (exam technique)</li> <li>• Applying the topic to broader sporting context/ issues within sport/ sport in the news to give more understanding for the application of knowledge.</li> </ul>	<ul style="list-style-type: none"> <li>• Q &amp; A</li> <li>• Formative and Summative Assessment</li> <li>• Peer Analysis</li> <li>• Low stake Quizzes</li> <li>• Self-evaluation</li> <li>• Teacher Observation</li> <li>• PPE style exam on component 1</li> <li>• Coursework</li> </ul>
<p><b>Year 11 Term 1</b></p> <p>Component 2: Health and Performance</p> <p>Topic 1: Health, fitness and well-being.</p> <p>Topic 2: Sport Psychology</p> <p>Topic 3: Socio-cultural influences</p>	<p>Topics covered:</p> <ul style="list-style-type: none"> <li>• Improving health</li> <li>• Lifestyle choices</li> <li>• Diet</li> <li>• Optimum weight</li> <li>• Classification of skill</li> <li>• Types of practice</li> <li>• Goal setting</li> <li>• Types of Guidance</li> <li>• Feedback</li> <li>• Mental Rehearsal</li> <li>• Socio-economic groups</li> <li>• Commercialisation, media and sport</li> <li>• Sporting Behaviour</li> </ul>	<ul style="list-style-type: none"> <li>• Small group discussion</li> <li>• Research</li> <li>• Group presentations</li> <li>• Teacher-led plenaries</li> <li>• Student's ability to link the sport to a range of different sports (exam technique)</li> <li>• Applying the topic to wider sporting context/ issues within sport/ sport in the news to give more understanding for the application of knowledge.</li> </ul>	<ul style="list-style-type: none"> <li>• Q &amp; A</li> <li>• Formative and Summative Assessment</li> <li>• Peer Analysis</li> <li>• Low stake Quizzes</li> <li>• Self-evaluation</li> <li>• Teacher Observation</li> </ul>

<p><b>Year 11 Term 2</b></p>	<p>Previously learned topics to be revised. Practical sport assessment.</p>	<ul style="list-style-type: none"> <li>• Revision-based activities</li> <li>• Small group discussion</li> <li>• Research</li> <li>• Group presentations</li> <li>• Teacher-led plenaries</li> <li>• Student’s ability to link the sport to a range of different sports (exam technique)</li> <li>• Applying the topic to wider sporting context/ issues within sport/ sport in the news to give more understanding for application of knowledge.</li> </ul>	<ul style="list-style-type: none"> <li>• Q &amp; A</li> <li>• Formative and Summative Assessment</li> <li>• Peer Analysis</li> <li>• Low stake Quizzes</li> <li>• Self-evaluation</li> <li>• Teacher Observation</li> </ul>
<p><b>Year 11 Term 3</b></p>	<p>Students are to undergo revision topics in preparation for GCSE exams. Topics covered to reflect those requested or teacher prioritises through assessment reflection.</p>	<ul style="list-style-type: none"> <li>• Revision-based activities</li> <li>• Small group discussion</li> <li>• Research</li> <li>• Group presentations</li> <li>• Teacher-led plenaries</li> <li>• Student’s ability to link the sport to a range of different sports (exam technique)</li> </ul> <p>Applying the topic to wider sporting context/ issues within sport/ sport in the news to give more understanding for application of knowledge.</p>	<ul style="list-style-type: none"> <li>• Q &amp; A</li> <li>• Formative and Summative Assessment</li> <li>• Peer Analysis</li> <li>• Low stake Quizzes</li> <li>• Self-evaluation</li> <li>• Teacher Observation</li> </ul>