

St Bede's Inter-Church School Sports Studies Curriculum Map

Examination PE

The OCR GCSE PE course allows students to increase their knowledge, understanding and performance in physical activities. The course aims to promote physical activity, develop positive attitudes and make students aware of safe practise. The course consists of both theory and practical lessons.

	Autumn term	Spring term	Summer term
Year 9	Badminton The Skeletal system The Muscular system	The Cardio & Respiratory system Components of fitness Fitness testing	Principals of training Training methods Athletics
Year 10	Badminton Effects of exercise Preventing injury In Physical activities Movement analysis	Paper 1 completed Coursework Part 1 Sports psychology Coursework Part 2	Social & Ethical issues Coursework Part 3 Athletics
Year 11	Engagement patterns Health Fitness & Well being Mock exams Coursework Part 4	Commercialization Revision Practical moderation	