

Curriculum Map

GCSE PE

Year	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 10 Theory 2 lessons a week Paper 1	The structure and function of the musculoskeletal system	Movement analysis The structure and function of the cardiorespiratory system	The structure and function of the cardiorespiratory system Anaerobic and aerobic exercise	The short and long term effects of exercise Components of fitness	The principles of training	Optimising training and prevention of injury Warm up and cool down Health and fitness Start of analysis and evaluation written NEA
Year 10 Practical 1 lesson a week	Badminton	Handball	Sport dependant on cohort	Sport dependant on cohort	Handball	Badminton
Year 11 Theory 2 lessons a week Paper 2	Physical, social and emotional health Sedentary lifestyle Energy use, diet, nutrition and hydration	Classification of skill Goal setting and smart targets Basic information processing Guidance and feedback Mental preparation	Engagement patterns of different social groups Commercialisation of physical activity and sport	Ethical and social issues in physical activity and sport		
	Analysis and evaluation - written NEA continues throughout yr11					
Year 11 Practical 1 lesson a week	Badminton	Handball	Assessment	Assessment and Preparation for moderation		

Curriculum Map

OCR Cambridge Nationals Sports Science J828

R180 – Reducing the risk of sports injuries and dealing with common medical conditions

R181 – Applying the principles of training: fitness and how it affects skill performance

R182 – The body’s response to physical activity and how technology informs this

Year 1

Unit	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
R180	Topic Area 1: Warm up and cool down routines	Topic Area 2: Different factors which influence the risk and severity of injury	Topic Area 2: Different factors which influence the risk and severity of injury	Topic Area 3: Different types and causes of sports injuries	Topic Area 3: Different types and causes of sports injuries	Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions
R181	Topic Area 1: Components of fitness applied in sport	Topic Area 1: Components of fitness applied in sport	Topic Area 2: Principles of training in sport	Topic Area 2: Principles of training in sport	Topic Area 3: Organising and planning a fitness training programme	Topic Area 3: Organising and planning a fitness training programme Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme

Year 2

Unit	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
R180	Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions	Topic Area 5: Causes, symptoms and treatment of medical conditions	Topic Area 5: Causes, symptoms and treatment of medical conditions	Exam preparation	Exam preparation	
R182	Topic Area 1: The cardio-respiratory system and how the use of technology supports different types of sports and their intensities	Topic Area 2: The musculo-skeletal system and how the use of technology supports different types of sports and their movements	Topic Area 3: Short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems	Topic Area 4: Long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems	Working on OCR-set NEA assessment (supervised)	