

Key Stage 4 Curriculum Map 2020- 2021

Term 3

Subject: Physical Education		Year: 10	
Focus/Topic	UAE Links	HPL Skills	Home Learning / Reading
11 th -15 th April <ul style="list-style-type: none"> • Test • Feedback on assessment • PEP feedback 		Meta-thinking- Self-regulation- Use the assessment review sheet to highlight areas of development and set specific targets and strategies of how to improve for next term	Assessment analysis Read up on specification to gain further knowledge of the PEP section https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html Learners will complete sections of their PEP coursework where appropriate –as this terms content needs to be included in the PEP
18 th -22 nd April <ul style="list-style-type: none"> • PEP feedback • PEP feedback • PEP feedback 		Meta-thinking- Self-regulation- Use of checklist to highlight areas of development and set specific targets and strategies of how to improve	Link to the BBC Bitesize website, Teach PE and Quizlet for the Physical Training section throughout https://www.bbc.co.uk/bitesize/topics/z2wjdmn PEP assignment-evaluations
25 th April-29 th April <ul style="list-style-type: none"> • Long term effects and benefits of the muscular system • Long term effects and benefits of the skeletal system • PEP feedback 		HARD WORKING- Practice Practice explaining the long term effects on the different systems, becoming confident in identifying which is related to which system	PEP assignment-evaluations
2 nd -6 th May		HARD WORKING- Practice	Exam style questions assignment

<ul style="list-style-type: none"> • Long term effects and benefits of the cardiovascular system • Long term effects and benefits of the cardiovascular system • PEP feedback 		Practice explaining the long term effects on the different systems, becoming confident in identifying which is related to which system	Practical application-what long term effects will your PEP have on your body? PEP assignment-evaluations
9 th -13 th May <ul style="list-style-type: none"> • Optimising training and preventing injury 1 • Optimising training and preventing injury 1 • PEP feedback 	Find an athlete in the UAE - research any previous injuries and treatments- effect on exercise	Analysing-Critical/ logical thinking- Evaluate effectiveness of different treatments in solving different injuries	Practical application-plan an appropriate treatment for any injuries you have faced/could face in your PEP. PEP assignment-evaluations
16 th -20 TH May <ul style="list-style-type: none"> • Optimising training and preventing injury 3 • Performance enhancing drugs 1 • PEP feedback 		Analysing-Critical/ logical thinking- Evaluate effectiveness of different treatments in solving different injuries	Exam style questions assignment PEP assignment-evaluations
Half Term			
23 rd - 27 th May <ul style="list-style-type: none"> • Performance enhancing drugs 2 • Performance enhancing drugs 3 • PEP feedback 		HARD WORKING-Practice Practice explaining the effects of the different types of drugs on the different systems, becoming confident in identifying which is related to which system	Exam style questions assignment PEP assignment-evaluations
30 th May-3 rd June <ul style="list-style-type: none"> • Assessment 		HARD WORKING-Practice	

<ul style="list-style-type: none"> • PEP • Levers and planes 1 			
6 th - 10 th June <ul style="list-style-type: none"> • Levers and planes 2 • Levers and planes 3 • PEP feedback 	Find an athlete in the UAE for your sport-research levers and planes used in different skills in their sport	LINKING-Connection finding -use links from movement analysis to describe the levers and plane of different sporting movements	Exam style questions assignment PEP assignment-evaluation
13 th -17 th June <ul style="list-style-type: none"> • Submission of PEP • Exam feedback • Revision paper 1 		Realising-Speed and accuracy - Retrieval practice of previous topics-timed task to revise for assessment	FINAL PEP submission Assessment analysis
20 th - 24 th June <ul style="list-style-type: none"> • PEP feedback • Revision paper 1 • Revision paper 1 		Realising-Speed and accuracy - Retrieval practice of previous topic-timed task to revise for assessment	Exam style questions
27 th June-1 st July <ul style="list-style-type: none"> • PEP feedback • Revision paper 1 • Revision paper 1 		Realising-Speed and accuracy - Retrieval practice of previous topic-timed task to revise for assessment	Exam style questions
4 th -6 th July <ul style="list-style-type: none"> • Revision paper 1 • Revision paper 1 		Realising-Speed and accuracy - Retrieval practice of previous topic-timed task to revise for assessment	Exam style questions
		END OF TERM	