



QPHS Year 11 GCSE Physical Education Curriculum Map

Half term	Title	Unit summary	Assessment
1	Topic 2: Sport Psychology	<ul style="list-style-type: none"> ✓ Skills and practice ✓ Goal setting 	Sport psychology end of unit written assessment
	Topic 1: Health, fitness and well-being	<ul style="list-style-type: none"> ✓ Health, fitness and well-being. ✓ Lifestyle choices ✓ Sedimentary lifestyle 	Health and wellbeing end of unit written assessment
2	Topic 2: Sport Psychology	<ul style="list-style-type: none"> ✓ Guidance and feedback on performance ✓ Mental preparation for performance 	Sport psychology end of unit written assessment
	Topic 1: Health, fitness and well-being	<ul style="list-style-type: none"> ✓ Energy use, ✓ Diet & nutrition ✓ Optimum weight 	Health and wellbeing end of unit written assessment
3	Topic 3: Socio-cultural influences	<ul style="list-style-type: none"> ✓ Influences on participation ✓ Ethical and socio-economic influences in physical activity and sport. ✓ Commercialisation of sport. 	Socio cultural influences on sport end of unit written assessment
	Topic 3: Socio-cultural influences	<ul style="list-style-type: none"> ✓ Influences on participation ✓ Disability, gender and age influence upon participation level. ✓ Sporting behaviour 	Socio cultural influences on sport end of unit written assessment
4 & 5	Content overview: (Paper 1)	<p>Interleaving knowledge and revision</p> <p>Topic 1: Applied anatomy and physiology Topic 2: Movement analysis Topic 3: Physical training Topic 4: Use of data</p>	Component 1 Practice exam papers (36%)
	Content overview: (Paper 2)	<p>Interleaving knowledge and revision</p> <p>Topic 1: Health, fitness and well-being Topic 2: Sport psychology Topic 3: Socio-cultural influences Topic 4: Use of data</p>	Component 2 Practice exam papers (24%)
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