

SHS Physical Education Department Curriculum Map 2025 - 2026

CORE PE	TERM1		TERM 2		TERM 3		TERM 4		TERM 5		TERM 6	
Y7	Baseline Assessment Football		Rhythmic Gym Netball		Dance (Charleston) Football		OAA Netball		Tennis Rounders		Athletics Cricket	
		CAE1		CAE2		CAE3		CAE4		CAE5		CAE6
Y8	Sports Acro Gym Football		Dance (Bollywood) Netball		Fitness Football		OAA Netball		Tennis Rounders		Athletics Cricket	
		CAE1		CAE2		CAE3		CAE4		CAE5		CAE6
Y9	Trampolining Sport Education Netball		Dance (Street/Jazz) Sport Education Football		Trampolining Fitness		Volleyball Tag Rugby		Tennis Rounders		Athletics Cricket	
		CAE1		CAE2		CAE3		CAE4		CAE5		CAE6
Y10	Options programme of activities											
Y11	Options programme of activities											
SIXTH FORM	Options programme of activities											
Each activity per term to be done on a weekly basis. (6 lessons). Term blocks 1-4 completed in any order depending on availability of facilities. Term blocks 5-6 completed in any order depending on availability of facilities.												
CAE = COMMON ASSESSED ENDPOINT PAE = PRACTICAL ASSESSMENT ENDPOINT												

GCSE PE Y10	Anatomy & Physiology Sports Psychology		Physical Training Sports Psychology	Physical Training Coursework		Movement Analysis Socio-Cultural
		CAE/PAE1		CAE/PAE2		CAE/PAE3
GCSE PE Y11	Physical Training Socio-Cultural	Health, Fitness & Well- Being	Practical	Exam technique and revision		
		CAE/PAE4		MODERATION		
A Level Y12	<i>Foundation physiology:</i> Skeletal & muscular systems Cardiovascular system Respiratory system Dietary manipulation Energy Systems/Recovery Periodisation		<i>Anaerobic physiology:</i> Muscle fibre types (FG & FOG) Ergogenic aids (HGH, anabolic steroids, bicarbonate, creatine, nutrition)		<i>Aerobic physiology:</i> Muscle fibre types (slow oxidative) Aerobic energy system Aerobic capacity/adaptations Ergogenic aids (EPO, blood doping, IHT, glycogen loading, nitrates, caffeine, hydration)	
	Skills, practices and guidance (including stages of learning)	Learning theories	Individual Differences	Individual Differences	Group and Team Dynamics	Memory Models
	Global sporting events	Emergence and evolution of modern sport	Commercialisation & media	Ethics and deviance in sport	Modern Technology	Routes to sporting excellence
		CAE/PAE1		CAE/PAE2		CAE/PAE3
A Level Y13	Flexibility, injuries and basic biomechanics: Flexibility, injury prevention, responding to injuries, Rehabilitation, Newton's Law's, Levers, Forces, Centre of mass, Technology		<i>Biomechanics:</i> Linear motion, angular motion, fluid mechanics and projectile motion	<i>Exam technique & revision</i>		
	Attribution and Confidence in Sport	Leadership	Stress management	Exam technique and revision		
	Y1 Revision	EAPI	EAPI/CAE & PAE 4	EAPI/MODERATION		