

The Physical Education department at Wexham School
GCSE PE Examination Curriculum Map



Term	Year 10 GCSE PE	Year 11 GCSE PE
Autumn 1	Structure and function of the skeletal system Structure and function of the muscular system Movement analysis - Levers, planes of movement and axes of rotation	Sportsmanship, gamesmanship and deviance in sport Performance-enhancing drugs and violence in sport Skilful movement and the classification of skills
Autumn 2	Structure and function of the cardiovascular system Structure and function of the respiratory system	Non-exam assessment – Analysing & evaluating performance: Performance profiling and writing an action plan
Spring 1	Aerobic and anaerobic exercise Short and long-term effects of exercise on the body systems Components of fitness, fitness tests, and principles of training	Goal setting in sport and physical activity Mental preparation to improve sports performance Using different types of guidance and feedback to improve performance Health benefits of physical activity
Spring 2	How and why to warm up and cool down correctly Preventing injuries in sport and physical activity Hazards in different sport and exercise settings	Consequences of a sedentary lifestyle Nutrition for health and wellbeing Exam preparation
Summer 1	The role of government and governing bodies in physical activity and sport Factors influencing participation for different social groups Strategies to increase participation in physical activity and sport	Exam preparation
Summer 2	The commercialisation of sport The role of the media The positive and negative effects of sponsorship in sport	