



Curriculum Map



Sandringham School
"Everybody can be Somebody"

Subject:

PE - GCSE Theory

Year group: 11

Time period	Autumn 1 (Sept)	Autumn 1 (Sept - Oct)	Autumn 2 (Nov - Dec)	Spring 1 (Jan - Feb)
<p>Content</p> <p><i>Declarative Knowledge – 'Know What'</i></p>	<p>Physical Activity and Sport in the UK</p> <ul style="list-style-type: none"> - Current trends in participation in physical activity and sport, amongst different social groups <p>Participation in Physical Activity and Sport</p> <ul style="list-style-type: none"> - Understand how different factors can affect participation - Understand strategies that can be used to improve participation 	<p>Commercialisation in Sport</p> <ul style="list-style-type: none"> - Understand the influence of the media on the commercialisation of physical activity and sport: - Different types of media <ul style="list-style-type: none"> - Social - Internet - TV/Visual - Newspapers/magazines - The influence of sponsorship on the commercialisation of physical activity and sport <p>Ethics in Sport</p> <ul style="list-style-type: none"> - The value of sportsmanship - Gamesmanship and deviance in sport <p>Drugs in Sport</p> <ul style="list-style-type: none"> - The reasons why sports performers use drugs - The types of drugs and their effects on performance, <ul style="list-style-type: none"> - Anabolic steroids - Beta blockers - Stimulants - The impact of drug use in sport on performers and the sport itself <p>Violence in Sport</p> <ul style="list-style-type: none"> - The reason for player violence in sport 	<p>Structure and Function of the Cardiovascular System</p> <ul style="list-style-type: none"> - Double circulatory system - Different types of blood vessel - Role of red blood cells - The pathway of blood through the heart <p>Structure and Function of the Respiratory System</p> <ul style="list-style-type: none"> - The pathway of air through the respiratory system - The roles of the respiratory muscles in breathing - Gaseous exchange in the alveoli <p>Aerobic and Anaerobic Respiration</p> <ul style="list-style-type: none"> - Aerobic and anaerobic exercise - How intensity and duration effects respiration (aerobic/anaerobic) 	<p>Short Term Effects of Exercise</p> <ul style="list-style-type: none"> - The short term effects of exercise on: <ul style="list-style-type: none"> - Muscle temperature - Heart rate, stroke volume and cardiac output - Redistribution of blood flow during exercise - Respiratory rate, tidal volume, minute ventilation - Oxygen to the working muscles - Lactic acid production <p>Long Term Effects of Exercise</p> <ul style="list-style-type: none"> - The long term effects of exercise on: <ul style="list-style-type: none"> - Bone density - Hypertrophy of muscle - Muscular strength - Muscular endurance - Resistance to fatigue - Hypertrophy of the heart - Resting heart rate and resting stroke volume - Cardiac output - Rate of recovery - Aerobic capacity - Respiratory muscles - Tidal volume and minute volume during exercise - Capillarisation



Curriculum Map

<p>Skills</p> <p><i>Procedural Knowledge – 'Know How'</i></p>	<p>Interpret data to explain trends in participation in the UK amongst different social groups. Explain how different factors (e.g. age, ethnicity etc) can affect participation in sport and physical activity Identify strategies which can be used to improve participation and explain how this can be achieved through:</p> <ul style="list-style-type: none"> - Promotion - Provision - Access <p>Apply examples from physical activity/sport to participation issues</p>	<p>Define the term commercialisation and identify the different types of media Explain the Golden Triangle and the relationship between sponsorship, sport and the media. Evaluate the effects of commercialisation on sport Define sponsorship. Analyse the effect that sponsorship has on commercialisation. Evaluate the positive and negative effects of sponsorship on commercialisation. Apply practical examples to these issues Define, explain and be able to apply sporting examples to the value of sportsmanship and the reasons for gamesmanship and deviance in sport.</p> <p>Explain the reasons for drug taking in sport Identify the types of drugs and their effects on performance, applying examples of their use in sport: Explain and evaluate the impact of drug use in sport</p> <p>Explain the reason for player violence in sport</p>	<p>Define heart rate, stroke volume and cardiac output Describe the role of red blood cells and explain the different types of blood vessel Describe the pathway of blood through the heart Describe the pathway of air through the respiratory system Explain the roles of the respiratory muscles in breathing Define breathing rate, tidal volume and minute ventilation Explain gaseous exchange Define aerobic and anaerobic exercise Explain how intensity and duration effects respiration (aerobic/anaerobic) Apply sporting examples.</p>	<p>Explain the short / long term effects of exercise on the body Apply the effects to examples from physical activity/sport Collect, use and analyse data relating to short / long term effects of exercise</p>
<p>Key Questions</p>	<p>What are the barriers to participation? What are some current initiatives that are being used to raise participation? Which sports/physical activities are currently the most popular?</p>	<p>What is meant by the term commercialisation / sponsorship / sportsmanship / gamesmanship? Explain the Golden Triangle Why might a sports person choose to take performance enhancing drugs? What effect does anabolic steroids / beta blockers / stimulants have on sporting performance? What might cause a player to act violently in a sporting situation?</p>	<p>What is the structure of the arteries / veins, capillaries? How do you calculate cardiac output? Where does the blood travel to after leaving the left ventricle? What is inspiration / expiration? What happens at the alveoli? What is minute ventilation? What sports require aerobic respiration? What sports require the performer to work anaerobically?</p>	<p>What is the short / long term effect of exercise on heart rate? Explain the redistribution of blood during exercise? Where in the body would you expect to see capillarisation occur? What can increased bone density prevent? What are the long term effects of exercise on the muscular system?</p>
<p>Assessment</p>	<p>Q and A in Class Multiple choice questions Short answer questions End of unit test Apply knowledge to coursework</p>	<p>Q and A in class Multiple choice questions Short answer questions Long answer questions End of unit test</p>	<p>Q and A in class Multiple choice questions Short answer questions Long answer questions End of unit test</p>	<p>Q and A in class Multiple choice questions Short answer questions Long answer questions End of unit test</p>



Curriculum Map



<p>Literacy/Numeracy/ SMSC/Character</p>	<p>Interpreting questions Interpreting data Multiple Choice Questions Short answer questions Long answer questions Understanding social and cultural barriers to participation in sport. Aspiration, Resilience, Confidence, Initiative.</p>	<p>Apply knowledge to coursework</p> <p>Interpreting questions Multiple Choice Questions Short answer questions Long answer questions Moral questions surrounding ethics and deviance in sport. Aspiration, Resilience, Confidence, Initiative.</p>	<p>Apply knowledge to coursework</p> <p>Interpreting questions Interpreting data Calculations of Heart rate / stroke volume / cardiac output Multiple Choice Questions Short answer questions Long answer questions Aspiration, Resilience, Confidence, Initiative.</p>	<p>Interpreting questions Collating and interpreting data Multiple Choice Questions Short answer questions Long answer questions Aspiration, Resilience, Confidence, Initiative.</p>
---	--	---	---	--