



CIM - Curriculum Intent Map Physical Education

Exam board - GCSE: Edexcel Exam Board – Edexcel (BTEC L2 & L3)

Careers Statement:

The Physical Education curriculum plays a key role in building students’ confidence and competence in a range of transferable skills, including leadership, collaboration, resilience, and effective communication. Alongside promoting lifelong health and wellbeing, the curriculum introduces students to the variety of career options linked to sport, fitness, and public service sectors. Through practical experiences and discussion of real-world roles—from physiotherapy and coaching to sports science and fitness training—students begin to see the relevance of their learning and are better equipped to consider their future ambitions and career choices.

	Knowledge	Skills	Understanding	Wider world
Year 13 	<u>BTEC Sport</u> <ul style="list-style-type: none"> • Careers and jobs in the sports industry. • Career development plans • Recruitment processes • Components of fitness • Fitness testing • Principles of fitness testing 	<u>BTEC Sport</u> <ul style="list-style-type: none"> • Developing presentation skills • Developing interview techniques • Develop writing skills • Develop and understanding for essay style writing • Researching, analysing and noting information • Citing and referencing to avoid plagiarism • Understanding writing processes • Understand report writing • Develop revision skills • build confidence to do coursework assignments and respond positively to feedback • develop skills that aid recall routinely and when under pressure 	<u>BTEC Sport</u> Unit 3: <ul style="list-style-type: none"> • A Understand the career and job opportunities in the sports industry • B Explore own skills using a skills audit to inform CDAP • C Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career path • D Reflect on the recruitment and selection process and your individual performance 	<u>BTEC Sport</u> <ul style="list-style-type: none"> • Communication skills • Interpersonal skills • Work well as a member of a team • Lead a team • Manage your time effectively • Understanding teamwork • Developing Employability and personal skills • Organizational skills • Developing yourself • develop the professional skills required for the specific industry
Year 12 	<u>BTEC Sport</u> <ul style="list-style-type: none"> • muscular system • skeletal system • cardiovascular system • respiratory system • energy systems 	<u>BTEC Sport</u> <ul style="list-style-type: none"> • Developing presentation skills • Develop writing skills • Develop and understanding for essay style writing 	<u>BTEC Sport</u> Unit 1: <ul style="list-style-type: none"> • A The effects of exercise and sports performance on the skeletal system • B The effects of exercise and sports performance on the muscular system • C The effects of exercise and sports performance on the respiratory system 	<u>BTEC Sport</u> <ul style="list-style-type: none"> • Communication skills • Interpersonal skills • Work well as a member of a team • Lead a team • Manage your time effectively • Understanding teamwork

Extracurricular activities

Careers links

Curriculum links

Threshold topics (bold)

PSHE, PD and cultural capital links

CIM - Curriculum Intent Map Physical Education

Exam board - GCSE: Edexcel

Exam Board – Edexcel (BTEC L2 & L3)

<ul style="list-style-type: none"> • components of fitness • methods of training • principles of training • nutritional guidance • programming • barriers to participation • screening information 	<ul style="list-style-type: none"> • Researching, analysing and noting information • Citing and referencing to avoid plagiarism • Understanding writing processes • Understand report writing • Develop revision skills • Build confidence to do coursework assignments and respond positively to feedback • Develop skills that aid recall routinely and when under pressure 	<p>Unit 2:</p> <ul style="list-style-type: none"> • D The effects of sport and exercise performance on the cardiovascular system • E3 The lactate system in exercise and sports performance • A Examine lifestyle factors and their effect on health and well-being • B Understand the screening processes for training programming • C Understand programme-related nutritional needs • D Examine training methods for different components of fitness • E Understand training programme design • A Understand the career and job opportunities in the sports industry • B Explore own skills using a skills audit to inform a career development action plan • C Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway • D Reflect on the recruitment and selection process and your individual performance • Understand the roles, qualities and characteristics of an effective sports leader • Examine the importance of psychological factors and their link with effective leadership • Explore an effective leadership style when leading a team during sport and exercise activities 	<ul style="list-style-type: none"> • Developing Employability and personal skills • Organizational skills • Developing yourself • develop the professional skills required for the specific industry
---	--	---	--

Extracurricular activities

Careers links

Curriculum links

Threshold topics (bold)

PSHE, PD and cultural capital links

CIM - Curriculum Intent Map Physical Education

Exam board - GCSE: Edexcel

Exam Board – Edexcel (BTEC L2 & L3)

Year 11	<p>GCSE PE: Paper 2</p> <ul style="list-style-type: none"> • Health & wellbeing • Lifestyle choices • Diet & weight • Optimum weight • Classification of skills • Types of practice • SMART targets • Guidance • Feedback & mental preparation • Participation trends • Commercialism • Sporting deviance <p>3 Practical Activities</p> <ul style="list-style-type: none"> • Individual • Team • Another of choice 	<p>GCSE PE</p> <ul style="list-style-type: none"> • Interpretation of graphs relating to changes in the body • Quantitative methods for planning, monitoring • Answer Multiple choice questions • Short answer questions • Extended writing questions • Evaluation various scenarios set by examiners • Time management <p>Practical</p> <ul style="list-style-type: none"> • Demonstrate the skills in isolated situations • Accurate replication of execution of perfect technique • Demonstration of skills in formal competitive situations under pressure 	<p>GCSE PE</p> <ul style="list-style-type: none"> • How the body responds to exercise • How this differs for different sports • How this differ within sports • The physiological changes • The psychological changes • How to evaluate sports performance and data • What contributes to a health and active lifestyle • What are the consequence of not having an active and healthy lifestyle • What influences people to participate in sport 	<p>GCSE PE</p> <ul style="list-style-type: none"> • Literacy • Numeracy • Teamwork • Interpersonal skills • Research skills • Links to Biology, Physics, History, Psychology, Sociology, Food Technology, ICT • Leadership <ul style="list-style-type: none"> • ES3: Working under pressure and to deadlines • ES8: Valuing diversity and difference • ES5: Communication and interpersonal skills • ES4: Ability to learning and adapt
Year 11	<p>BTEC – Sport Component 3</p> <ul style="list-style-type: none"> • Importance of fitness in sport (components of fitness) • Principles of Training • Exercise intensity • Fitness testing • Methods of training • Provision for developing fitness • Long term effects of fitness training • Fitness programme design • Motivational techniques • Goal setting 	<p>BTEC – Sport</p> <ul style="list-style-type: none"> • Short Answer Questions • Interpreting graphs relating to normative data • Understand how to create a training plan to improve own long-term health • Answer Multiple choice questions • Be able to revise effectively • Answer extended writing answers • Time Management 	<p>BTEC Sport</p> <ul style="list-style-type: none"> • How the body responds to exercise • How this differs for different sports • How this differ within sports • The physiological changes • The psychological changes • How to evaluate sports performance and data • What contributes to a health and active lifestyle • What are the consequence of not having an active and healthy lifestyle • What influences people to participate in sport • How to evaluate their own performance and make recommendations for the future 	<p>BTEC – Sport</p> <ul style="list-style-type: none"> • Communication skills • Ability to work as a team • Organization skills • Manage time effectivity through assignments and revision

Extracurricular activities

Careers links

Curriculum links

Threshold topics (bold)

PSHE, PD and cultural capital links

CIM - Curriculum Intent Map Physical Education

Exam board - GCSE: Edexcel

Exam Board – Edexcel (BTEC L2 & L3)

	<ul style="list-style-type: none"> • Benefits of motivation to a sports performer 		<ul style="list-style-type: none"> • How to apply the principle and methods of training to their own fitness • What a training plan is and how it works. • How to construct a basic weekly circuit and monitor progress 	
Year 11	<p>Core PE</p> <ul style="list-style-type: none"> • Know the main rules of the games • Know that common themes run through a variation of sports (attacking strategies) • Knowledge of how to officiate accurately and fairly • Knowledge of how to lead a warm-up for a group of other students specific to sports • Knowledge of the muscle for GCSE PE and know their movements • Know how to apply tactics of the game play to outwit • Know of the correct techniques for the basic skills in isolation and game scenario • Know how to keep their bodies fit and healthy for life long enjoyment in PE and Sport 	<p>Core PE</p> <p>Can execute correct technique and adapt others' to a good/excellent level with good fluency, precision and control to influence the games and performance in activities such as</p> <ul style="list-style-type: none"> • Football • Basketball • Gymnastics • Netball • Climbing • Rugby • Athletics • Rounders • Tennis • Fitness • Softball • Trampolining • Independence • Verbal and non-verbal communication • Can lead skill specific practices for other students 	<p>Core PE</p> <ul style="list-style-type: none"> • Can adapt a variety of strategies to outwit opponents in competitive situations • Have an understanding of how to influence competitive situations by using various strategies to attack and defend to gain an advantage. • How to work as part of a team through using highly effective verbal and non verbal communication. • The skills of effective leaders • Can prepare themselves for a variety of types of exercise 	<p>Core PE:</p> <ul style="list-style-type: none"> • ES4: Ability to learn and adapt • ES5: Communication and interpersonal skills • ES6: Teamwork • ES7: Negotiation skills • ES8: Valuing diversity and difference • ES9: Problem solving skills

Extracurricular activities

Careers links

Curriculum links



Threshold topics (bold)

PSHE, PD and cultural capital links

CIM - Curriculum Intent Map Physical Education

Exam board - GCSE: Edexcel

Exam Board – Edexcel (BTEC L2 & L3)

Year 10 	<p>GCSE PE Paper 1</p> <ul style="list-style-type: none"> • Skeletal system • Muscular system • Cardiovascular system • Respiratory system • Aerobic/anaerobic respiration • Short-term and long-term effect of exercise • Levers systems • Levers systems applied to sport • Joints & movements recap • Planes & Axes • PARQ • Health and fitness • Components of Fitness • Fitness Testing • Principles of training • Methods of training • SMART Targets • Goal setting • Preventing injuries • Performance enhancing drugs <p>PEP (Personal Exercise Programme - NEA)</p> <ul style="list-style-type: none"> • Design and implement a fitness training programme to improve a chosen sport • Evaluate the effectiveness of their fitness training programme <p>3 Practical Activities</p> <ul style="list-style-type: none"> • Individual • Team • Another of choice 	<p>GCSE PE</p> <ul style="list-style-type: none"> • Interpretation of graphs relating to changes in the body • Quantitative methods for planning, monitoring • Answer Multiple choice questions • Short answer questions • Extended writing questions • Evaluation various scenarios set by examiners • Independence in fitness development • Time management skills 	<p>GCSE PE</p> <ul style="list-style-type: none"> • How the body responds to exercise • How this differs for different sports • How this differ within sports • The physiological changes • The psychological changes • How to evaluate sports performance and data • What influences people to participate in sport • How to interpret their own fitness data and plan for improvements • How to evaluate their own performance and make recommendations for the future • How to apply the principle and methods of training to their own fitness 	<p>GCSE PE</p> <ul style="list-style-type: none"> • Literacy • Numeracy • Teamwork • Interpersonal skills • Research skills • Links to Biology, Physics, History, Psychology, Sociology, Food Technology, ICT • Leadership <ul style="list-style-type: none"> • ES10: Numeracy and IT skills • ES3: Working under pressure and to deadlines • ES2: Organisational skills • ES4: Ability to learning and adapt • ES1: Using initiative and being self-motivated. • ES5: Communication and interpersonal skills
Year 10 	<p>BTEC – Sport Component 1</p> <ul style="list-style-type: none"> • Types of Physical activity • Benefits of participation • Provision for sport & physical activity • Types and needs of sport and physical activity • Barriers to participation • Technology and equipment in sport 	<p>BTEC Sport</p> <ul style="list-style-type: none"> • Quantitative methods for planning, monitoring • Independence in fitness development • Time management skills • IT skills • Extended writing briefs • Practically demonstrate understanding of content 	<p>BTEC Sport</p> <ul style="list-style-type: none"> • How the body responds to exercise • How this differs for different sports • How this differ within sports • The physiological changes • How to evaluate their own performance and make recommendations for the future • How to apply the principle and methods of training to their own fitness 	<p>BTEC Sport</p> <ul style="list-style-type: none"> • Communication skills • Ability to work as a team • Organisation skills • Manage time effectivity through assignments and revision

Extracurricular activities

Careers links

Curriculum links



Threshold topics (bold)

PSHE, PD and cultural capital links

CIM - Curriculum Intent Map Physical Education

Exam board - GCSE: Edexcel

Exam Board – Edexcel (BTEC L2 & L3)

	<p>Component 2</p> <ul style="list-style-type: none"> Preparation for exercise Components of Fitness Officials in sport Developing skills in sport 	<ul style="list-style-type: none"> Develop writing skills Develop oral presentation skills Build confidence to do coursework and respond positively to feedback Develop skills that aid recall Independence Verbal and non-verbal communication Can lead skill specific practices for other students 		
<p>Year 10</p> 	<p>Core PE</p> <ul style="list-style-type: none"> Know the main rules of the games Know that common themes run through a variation of sports (attacking strategies) Knowledge of how to officiate accurately and fairly Knowledge of how to lead a warm-up for a group of other students specific to sports Knowledge of the muscle for GCSE PE and know their movements Know how to apply tactics of the game play to outwit Know of the correct techniques for the basic skills in isolation and game scenario <p>Know how to keep their bodies fit and healthy for life long enjoyment in PE and Sport</p>	<p>Core PE</p> <p>Can execute correct technique to a good level with good fluency, precision and control to influence the games and performance in activities such as</p> <ul style="list-style-type: none"> Football Basketball Gymnastics Netball Climbing Rugby Athletics Rounders Tennis Fitness Softball Trampolining 	<p>Core PE</p> <ul style="list-style-type: none"> Can adapt a variety of strategies to outwit opponents in competitive situations Have an understanding of how to influence competitive situations by using various strategies to attack and defend to gain an advantage. How to work as part of a team through using highly effective verbal and non-verbal communication. The skills of effective leaders Can prepare themselves for a variety of types of exercise 	<p>Core PE:</p> <ul style="list-style-type: none"> ES4: Ability to learn and adapt ES5: Communication and interpersonal skills ES6: Teamwork ES7: Negotiation skills ES8: Valuing diversity and difference ES9: Problem solving skills ES1: Using initiative and being self-motivated.
<p>Year 9</p> 	<p>Core PE</p> <ul style="list-style-type: none"> Know the main rules of the games Knowledge of how to officiate fairly Knowledge of how to lead a warm-up for a group of other students Knowledge of the muscle for GCSE PE and begin to know their movements 	<p>Core PE</p> <p>Can execute correct technique to a competent level with some degree of fluency, precision and control to influence the games and performance in activities such as</p> <ul style="list-style-type: none"> Football Basketball Gymnastics Netball Climbing Rugby Athletics Rounders Tennis Fitness Softball Trampolining 	<p>Core PE</p> <ul style="list-style-type: none"> Can adapt a variety of strategies to outwit opponents in isolated competitive situations Have an understanding of how to influence competitive situations by using various strategies to attack and defend. How to work as part of a team through using highly effective verbal and non verbal communication. The skills of effective leaders Can prepare themselves for a variety of types of exercise 	<p>Core PE:</p> <ul style="list-style-type: none"> ES4: Ability to learn and adapt ES5: Communication and interpersonal skills ES6: Teamwork ES7: Negotiation skills ES8: Valuing diversity and difference ES9: Problem solving skills ES1: Using initiative and being self-motivated.

Extracurricular activities

Careers links

Curriculum links



Threshold topics (bold)

PSHE, PD and cultural capital links

CIM - Curriculum Intent Map Physical Education

Exam board - GCSE: Edexcel

Exam Board – Edexcel (BTEC L2 & L3)

		<ul style="list-style-type: none"> Independence Verbal and non-verbal communication 		
<p>Year 8</p> 	<p>Core PE</p> <ul style="list-style-type: none"> Know how to select and use appropriate skills in low pressurized situations Increased knowledge of the rules to officiate conditioned games Knowledge of a warm-up to lead a partner Knowledge to be able to locate muscles of the body 	<p>Core PE</p> <p>Execution of core skills across a range of activities to effectively influence the games and performance in activities such as</p> <ul style="list-style-type: none"> Football Basketball Gymnastics Netball Rugby Athletics Rounders Tennis Fitness Softball Trampolining Independence Verbal and non-verbal communication 	<p>Core PE</p> <ul style="list-style-type: none"> Effectively use a variety of strategies to outwit opponents in isolated competitive situations Have an understanding of how to implement various strategies to attack and defend effectively Understand the importance of a healthy lifestyle How to work effectively as part of a team Can begin to prepare themselves for a variety of types of exercise 	<p>Core PE:</p> <ul style="list-style-type: none"> Literacy Numeracy Teamwork Interpersonal skills Research skills Links to Biology, Food Technology, ICT Leadership ES4: Ability to learn and adapt ES5: Communication and interpersonal skills ES6: Teamwork ES7: Negotiation skills ES8: Valuing diversity and difference ES9: Problem solving skills ES1: Using initiative and being self-motivated.
<p>Year 7</p> 	<p>Core PE</p> <ul style="list-style-type: none"> Key terms relating to the individual sports Knowledge of the rules of the individual sports Knowledge of what is included in a warm-up Knowledge of the key muscles of the body 	<p>Core PE</p> <p>Execution of core skills across a range of activities from</p> <ul style="list-style-type: none"> Football Basketball Gymnastics Netball Rugby Athletics Rounders Tennis Fitness Independence Verbal and non-verbal communication 	<p>Core PE</p> <ul style="list-style-type: none"> Outwitting Opponents in an isolated conditioned situations Develop basic principles of attack & Defence How to work as part of a team Can begin to understand how to prepare themselves for a variety of types of exercise 	<p>Core PE</p> <ul style="list-style-type: none"> Literacy Numeracy Teamwork Interpersonal skills Research skills Links to Biology, Food Technology, ICT Leadership ES4: Ability to learn and adapt ES5: Communication and interpersonal skills ES6: Teamwork ES7: Negotiation skills ES8: Valuing diversity and difference ES9: Problem solving skills ES1: Using initiative and being self-motivated.

Extracurricular activities

Careers links

Curriculum links

Threshold topics (bold)

PSHE, PD and cultural capital links

CIM - Curriculum Intent Map Physical Education

Exam board - GCSE: Edexcel

Exam Board – Edexcel (BTEC L2 & L3)

At The Elizabethan Academy we offer a curriculum that:

- is broad, balanced, inspiring and inclusive
- builds confidence, independence and **resilience**
- encourages students to develop the **skills, knowledge and understanding** required to succeed academically
- encourages students to participate in a wide variety of activities which extend beyond the classroom
- places creativity and imagination at the heart of learning to develop enquiring minds
- enables students to understand the connections and links between different subjects
- raises students' aspirations through promoting academic excellence
- develops students' **social and cultural knowledge**, skills and understanding
- develops students' **respect for spiritual and moral values**, and tolerance towards other races, religions and ways of life.
- gives students the opportunities to put theoretical skills into practice and expand their knowledge beyond the exam specification
- prepares students for the world of work in a rapidly changing world.

Extracurricular activities

Careers links

Curriculum links

Threshold topics (bold)

PSHE, PD and cultural capital links