



KS5 Curriculum Map

Physical Education

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
GCSE Year 1	UNIT 1 SECTION B: Technical and tactical influences on health, lifestyle and performance	UNIT 1 SECTION B: Technical and tactical influences on health, lifestyle and performance cont'd	UNIT 1 SECTION B: Psychological influences on health, lifestyle and performance	UNIT 1 SECTION B: Physical influences on health, lifestyle and performance.	UNIT 1 SECTION B: Physical influences on health, lifestyle and performance.	UNIT 1 SECTION A: Skill Related Fitness
GCSE Year 2	UNIT 1 SECTION A: Health and Fitness Exercise Programmes	UNIT 1 SECTION A: Health related Fitness Component	GCSE PERSONAL TRAINING PLAN (Coursework)	GCSE PERSONAL TRAINING PLAN (Coursework)	REVISION, EXAM PREPERATION AND PRACTICAL ASSESSMENT	