



Key Stage 4 Curriculum Map Overview

Subject: Physical Education						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	<p>Unit Name: How Exercise Affects the Body</p> <p>Unit Description: Learners will find out how exercise affects the body by carrying out tests and collecting and interpreting results</p>	<p>Unit Name: How Exercise Affects the Body</p> <p>Unit Description: Learners will find out how exercise affects the body by carrying out tests and collecting and interpreting results</p>	<p>Unit Name: Playing Sport</p> <p>Unit Description: Learners develop the skills and techniques needed for different sports and will review their own performance</p>	<p>Unit Name: Playing Sport</p> <p>Unit Description: Learners develop the skills and techniques needed for different sports and will review their own performance</p>	<p>Unit Name: Training for Fitness</p> <p>Unit Description: Learners develop skills in planning and delivering training sessions to improve fitness</p>	<p>Unit Name: Training for Fitness</p> <p>Unit Description: Learners develop skills in planning and delivering training sessions to improve fitness</p>
Year 11	<p>Unit Name: Playing Sport</p> <p>Unit Description: Learners develop the skills and techniques needed for different sports and will review their own performance</p>	<p>Unit Name: Playing Sport</p> <p>Unit Description: Learners develop the skills and techniques needed for different sports and will review their own performance</p>	<p>Unit Name: Developing a Personal Progression Plan</p> <p>Unit Description: Learners will develop the skills and behaviours needed to progress to the next stage in their learning, identifying progression opportunities and creating a plan to enable them to get there</p>	<p>Unit Name: Developing a Personal Progression Plan</p> <p>Unit Description: Learners will develop the skills and behaviours needed to progress to the next stage in their learning, identifying progression opportunities and creating a plan to enable them to get there</p>	<p>Unit Name: Developing a Personal Progression Plan</p> <p>Unit Description: Learners will develop the skills and behaviours needed to progress to the next stage in their learning, identifying progression opportunities and creating a plan to enable them to get there</p>	<p>Click or tap here to enter text.</p>