

# The Buckingham School Curriculum Map

Name of subject PE GCSE

		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
KEY TOPIC/VALUE							
YEAR 6 / PRIMARY SCHOOL LEARNING	CONTENT						
	SKILLS						
	THEMES						
YEAR 7	CONTENT						
	SKILLS						
	THEMES						
	CONTENT						

YEAR 8							
	SKILLS	•					
	THEMES	•					
YEAR 9	CONTENT						
	SKILLS						
	THEMES						
YEAR 10	CONTENT	Introduction to course, Health and Fitness, Sedentary Lifestyle, Obesity	Somatotypes, Energy use, Diet and Nutrition, Hydration Exam technique Preparation for test Test Dirt lesson and star task	Skeletal System Muscular System Joints Basic movement	Planes and axes Levers Mechanical advantages Exam technique Preparation for test Test Dirt lesson and star task	Respiratory system Blood vessels, Cardiovascular system Mechanics of breathing Aerobic and aerobic	Warm up and cool down Recovery Short and Long term effects of exercise Exam technique Preparation for test Test Dirt lesson and star task



		Discussion. Teamwork Time management Leadership Organisation AO1/2/3 understanding					
	THEMES	Physical training	Physical training	Physical training Sport psychology	Physical training	Physical training	Exam Preperation
YEAR 12	CONTENT						
	SKILLS						
	THEMES						
YEAR 13	CONTENT						
	SKILLS						

	THEMES						
--	--------	--	--	--	--	--	--