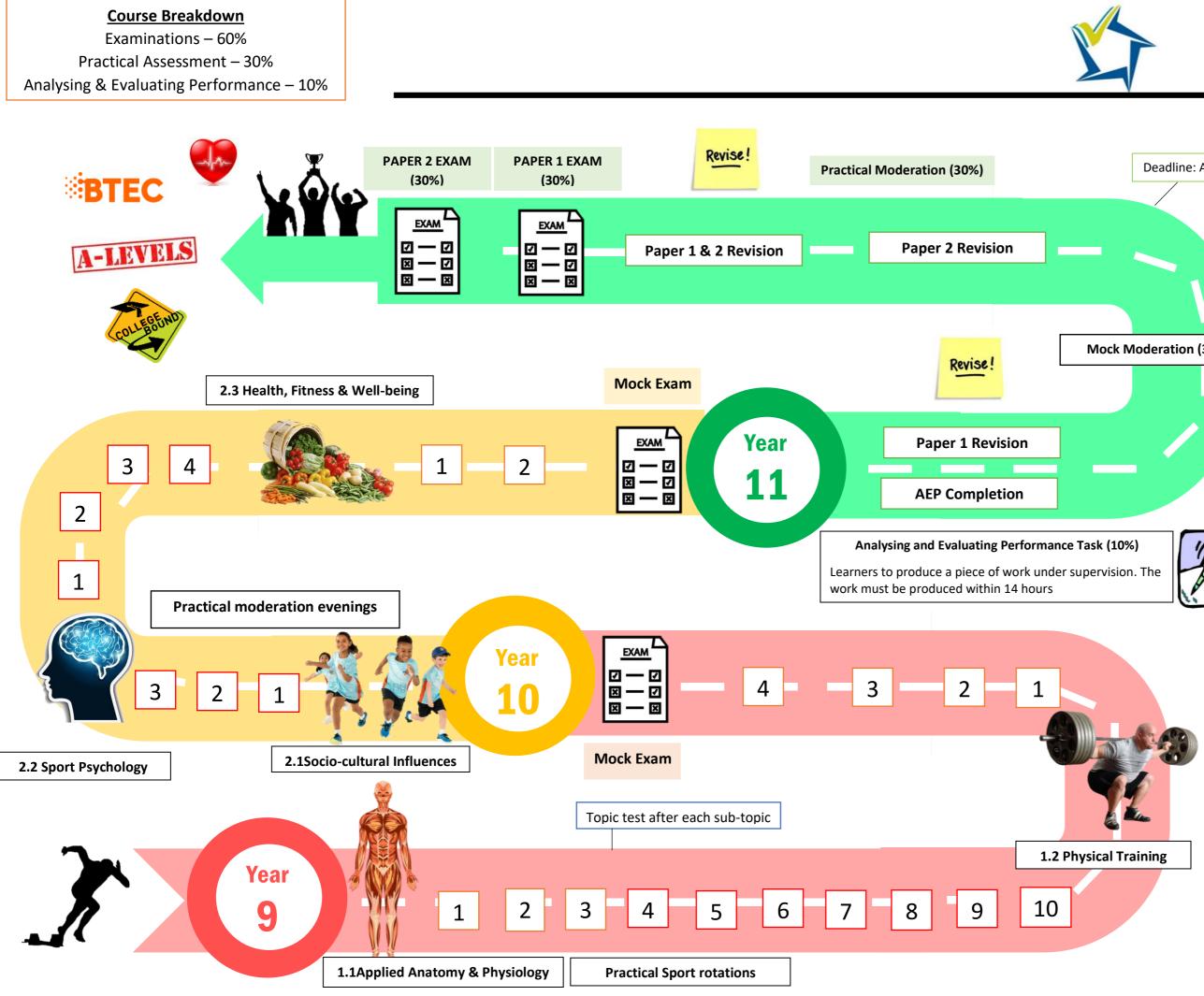
The Aylesbury Vale Academy Physical Education Journey



Your GCSE Physical Education Journey starts here ...

GCSE PE Curriculum Map

Deadline: AEP Mock Moderation (30%)

Examination

- Paper 1: Applied anatomy and physiology and Physical training = 30%.
- Paper 2: Socio-cultural influences, Sports psychology, health, fitness and well-being = 30%.
- Each paper is 1 hour long and worth 60 marks.

<u>1.1.</u> Applied Anatomy and Physiology

- 1. Major bones
- 2. Synovial joints, ligaments, tendons and cartilage
- 3. Movement at hinge and ball and socket joints
- 4. Major muscle groups and roles they play
- 5. Lever systems
- 6. Planes of movement and axes of rotation
- 7. Cardiovascular System
- 8. Aerobic and Anaerobic exercise
- 9. Short term effects of exercise
- 10. Long term effects of exercise

Physical Training <u>1.2</u>

- 1. Components of fitness
- 2. Principles of training
- 3. Optimising training
- 4. Injury prevention

Socio-cultural Influences 2.1

- 1. Engagement in physical activity and sport in the UK
- 2. Commercialisation of sport
- 3. Ethical and socio-cultural issues in physical activity and sport

Sports Psychology <u>2.2</u>

- 1. Characteristics of skilful movement and skill classification
- 2. Goal setting
- 3. Mental Preparation
- Types of guidance and feedback

Health, Fitness and well-being <u>2.3.</u>

- 1. Health, fitness and well-being
- 2. Diet and Nutrition