Tudor Grange Academy Redditch

CURRICULUM MAP

PE & Sport

KEY STAGE 4

	Autumn Term:	Spring Term:	Summer Term:
Year 10	Musculo-Skeletal system and movement analysis Cardiovascular system	Cardio-Respiratory system and effects of exercise Training	Training PEP Coursework PEDs
Year 11	Health, Fitness and wellbeing Diet Sports psychology	Socio-Cultural influences Paper 1 revision Practical exams	

KEY STAGE 5

	Autumn Term:	Spring Term:	Summer Term:
Year 12	Unit 7 Practical sports performance	Unit 1 Anatomy and physiology Skeletal, CV and energy systems continue. Muscular respiratory and questions	Unit 1 Anatomy and physiology: Skeletal, CV, and energy systems. Muscular, respiratory and exam questions Revision
Year 13	Unit 7 Practical sports performance. Unit 2 and Unit 3. Unit2 Diet, nutrition and fitness programming	Unit 3 Careers in sport	Revision and preparation for public exams