

# North Cestrian School Physical Education Curriculum Map

Year 11

**R043: The body's response to physical activity**

Students explore how the body changes and responds to physical activity. They develop knowledge and understanding of the musculoskeletal and cardio-respiratory systems and some of the changes that occur in response to physical activity, both short term and long term.

**R046: Technology in sport**

Students consider how various technologies are used in sport to enhance performance and the experience of sport both for performers and for spectators, as well as the career opportunities that the use of technology presents. They also explore arguments both for and against the increasing use of technology in sport.

Year 10

**R041: Reducing the risk of sports injuries**

Students learn how to prepare participants to take part in physical activity so that they minimise the risk of injuries. They also learn how to respond to common sporting injuries and how to recognise the symptoms of some common medical conditions.

**R042: Applying principles of training**

Students develop knowledge and understanding of the principles of training and how to keep performers in peak physical condition. They apply practical skills in fitness testing and in designing bespoke training programmes to suit individual requirements.

Year 9

**Outwitting opponents/ Invasion Games**  
Football, Netball, Basketball, Rugby

**Striking and Fielding**  
Rounders, Cricket

**Performance at Maximum Levels**

Athletics, Orienteering

- Assessment Objectives**
- Analyse and evaluate factors.
  - Demonstrate and apply relevant skills and techniques.

Year 8

**Outwitting opponents/ Invasion Games**  
Football, Netball, Basketball, Rugby

**Striking and Fielding**  
Rounders, Cricket

Athletics, Orienteering

- Apply knowledge and understanding.
- Demonstrate and apply relevant skills and techniques.

Year 7

**Outwitting opponents/ Invasion Games**  
Football, Netball, Basketball, Rugby

**Striking and Fielding**  
Rounders, Cricket

Athletics, Orienteering

- Demonstrate knowledge and understanding.
- Demonstrate and apply relevant skills and techniques.