

Mapping to Edexcel GCSE Physical Education (Full and Short Course)
(Based on Edexcel Specifications for 2009)

Subject content		Boardworks presentations
Unit 1: The Theory of Physical Education		
Section 1.1 Healthy, active lifestyles	1.1.1 Healthy, active lifestyles and how they could benefit you	Benefits of Physical Activity
	1.1.2 Influences on your healthy, active lifestyle	Social, Cultural and Media Influences
	1.1.3 Exercise and fitness as part of your healthy, active lifestyle	Exercise and Fitness Skill-related Fitness
	1.1.4 Physical activity as part of your healthy, active lifestyle	Fitness Tests Principles of Training Methods of Training
	1.1.5 Your personal health and wellbeing	Diet and Nutrition
Section 1.2 Your healthy, active body	1.2.1 Physical activity and your healthy mind and body	Body Types Drugs Risk Assessment and First Aid
	1.2.2 A healthy, active lifestyle and your cardiovascular system	The Cardiovascular System Maintaining a Healthy Cardiovascular System
	1.2.3 A healthy, active lifestyle and your respiratory system	The Respiratory System Maintaining a Healthy Respiratory System
	1.2.4 A healthy, active lifestyle and your muscular system	The Muscular System Maintaining a Healthy Muscular System
	1.2.5 A healthy, active lifestyle and your skeletal system	Bones Maintaining a Healthy Skeletal System Joints, Tendons and Ligaments Risk Assessment and First Aid
Unit 2: Performance in Physical Education		Part 3: Practical Performance
Section 2.2 Analysis of Performance	2.2.1 Rules, regulations and terminology	Performance Analysis
	2.2.2 Observe and analyse performance	Performance Analysis
	2.2.3 Evaluate performance	Performance Analysis
	2.2.4 Plan strategies, tactics and practices	Performance Analysis
	2.2.5 Plan a Personal Exercise Programme (PEP)	Personal Exercise Programmes

Mapping to AQA GCSE Physical Education (Full and Short Course)
(Based on AQA Specifications for 2009)

<i>Subject content</i>	<i>Boardworks presentations</i>
3.1 Knowledge and Understanding for the Active Participant	
3.1.1 The range of physical activities and roles	
Range of activities	Officiating and Leadership
The role of the active participant	Officiating and Leadership
Individual differences	Officiating and Leadership
The demands of performance	Risk Assessment and First Aid
The difference between aerobic and anaerobic exercise	The Respiratory System
Characteristics and benefits of leisure and recreation	Benefits of Physical Activity
3.1.2 Linking physical activity with diet, work and rest	
Health, fitness and a healthy active lifestyle	Exercise and Fitness/Skill-related Fitness
Training	Principles of Training/Methods of Training
Diet	Diet and Nutrition
3.1.3 Making informed decisions	
School influences	Diet and Nutrition/Social, Cultural and Media Influences
Emotional health and wellbeing	Benefits of Physical Activity
Cultural and social factors	Social, Cultural and Media Influences
Opportunities and pathways available	Officiating and Leadership
International and other factors	Social, Cultural and Media Influences
3.4 Knowledge and Understanding for the Involved Participant	
3.4.2 Testing, training and lifestyle choices	
Testing	Skill and Fitness Tests
Training and preparation	Personal Exercise Programs/Methods of Training
Lifestyle choices	Diet and Nutrition/Social, Cultural and Media Influences
3.4.3 Risk Assessment and Safe Practice	Risk Assessment and First Aid

Mapping to OCR GCSE Physical Education (Full and Short Course)
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<i>Subject content</i>		<i>Boardworks presentations</i>
Unit B451: An Introduction to Physical Education		
Key concepts in Physical Education	Competence	Skill-related Fitness
	Performance	Exercise and Fitness
	Creativity	
	Healthy, active lifestyles	Exercise and Fitness
Key processes in Physical Education	Developing skills and techniques	Skill-related Fitness
	Decision making	Performance Analysis
	Physical and mental capacity	Exercise and Fitness Principles of Training
	Evaluating and improving	Body Types Fitness Tests Performance Analysis
	Making informed choices about healthy, active lifestyles	Diet and Nutrition/Drugs/ Body Types/ Social, Cultural and Media Influences/ Methods of Training
Opportunities, pathways and participation in Physical Education	Levels of participation in sport and physical activity	Social, Cultural and Media Influences
	Reasons for participation (positive)	Benefits of Physical Activity
	Reasons for non-participation (negative)	Social, Cultural and Media Influences
	Specific social, cultural and locational reasons affecting participation	Social, Cultural and Media Influences
	School influences on participation	Social, Cultural and Media Influences
	Identification and description of pathways for involvement in physical activity	Social, Cultural and Media Influences

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Subject content		Boardworks presentations
Unit B453: Developing Knowledge in Physical Education		
Developing skills, techniques and motivation	The learning of skills through a range of methods	Performance Analysis/Skill-related Fitness
	The importance of different types of feedback	Performance Analysis
	The importance of goal setting	Principles of Training
Developing physical and mental capacity	The development of the skeletal system and its role in physical activity	Bones/Joints, Tendons and Ligaments/ Maintaining a Healthy Skeletal System
	The development and maintenance of healthy joints and the ways in which different types of joints affect participation and performance in an active, healthy lifestyle	Joints, Tendons and Ligaments/ Maintaining a Healthy Skeletal System
	Understanding the muscular system in relation to physical performance	The Muscular System
	Role and function of tendons	The Muscular System/ Maintaining a Healthy Muscular System
	Mental preparation	
Informed decision making using the principles of training and safe exercise	Short-term effects of an active, healthy lifestyle	Maintaining a Healthy Respiratory System/ Maintaining a Healthy Cardiovascular System/ Maintaining a Healthy Muscular System
	Long-term effects of an active, healthy lifestyle	Maintaining a Healthy Respiratory System/ Maintaining a Healthy Cardiovascular System/ Maintaining a Healthy Muscular System
	Exercise and training principles that affect improving health and fitness	Principles of Training
	Definitions and examples of aerobic and anaerobic exercise and training	Methods of Training
	Identifying potential hazards in a range of settings related to the role of participant, leader or official	Risk Assessment and First-Aid
	How to reduce risks and injuries	Risk Assessment and First-Aid

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<i>Subject content</i>		<i>Boardworks presentations</i>
Unit B453: Developing Knowledge in Physical Education		
Opportunities, pathways and participation in physical activity	Level of participation in sport and physical activity	Social, Cultural and Media Influences
	Reasons for participation and non-participation in physical activities and following an active, healthy lifestyle	Social, Cultural and Media Influences
	Current government initiative to promote healthy, active lifestyles	Social, Cultural and Media Influences
	What schools provide to influence young people to get involved in physical activity as part of a healthy lifestyle	Social, Cultural and Media Influences