

Year:10

Subject: GCSE PE THEORY

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	LC1	Wk8		
Half Term 1 (1 st Sept – 23 rd October) 8 weeks	HEALTHY LIFESTYLE		DIET AND CONSEQUENCES			SPORTS PSYCHOLOGY (+practical theory)					October Half Term Holiday
		A			A						
Half Term 2 (2 nd November-18 th December) 7 weeks	SP RECAP	SOCIO CULTURAL				REVISE ALL				Christmas Holiday	
	A				A	FEEDBACK		A			
Half Term 3 (4 th January – 12 th February) 6 weeks	Wk16	LC2	Wk17	Wk18	Wk19	Wk20	Wk21			February Half Term Holiday	
	PERSONAL EXERCISE PROGRAMME				SKELETAL						
Half Term 4 (22 nd February - 26 th March) 5 weeks	Wk22	Wk23	Wk24	Wk25	Wk26	Easter Holiday					
	MUSCULAR SYSTEM		A	CARDIOVASCULAR							
			CARDIOVASCULAR							What does this year contribute towards? How does this year deliver the curriculum intent? By the end of the year you will have developed new learning strategies, giving yourself the skills to design your own training, select the correct diet and understand how Sport Psychology can affect performance. In the 2 nd half of the year you will learn more about the body systems and further work on your PEP.	
Half Term 5 (12 th April – 28 th May) 7 weeks	Wk27	Wk28	Wk29	Wk30	Wk31	Wk32	LC3	Wk33		May Half Term Holiday	
	RESPIRATORY			FEEDBACK	MOVEMENT ANALYSIS			A			
	A	RESPIRATORY	A	MV ANALY				FEEDBACK			
Half Term 6 (7 th June – 16 th July) 6 weeks	Wk34	Wk35	Wk36	Wk37	Wk38	Wk39	Summer Holiday				
	COMP 2 REVISION		PRE-LIMS	FITNESS / TESTING		A					
			A			Yr11 Prep					

Year:11 Subject: GCSE PE 2020/21

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	LC1	Wk7	Wk8		
Half Term 1 (1 st Sept – 23 rd October) 8 weeks	SKEL/MUSC		KAYAKING PRACTICAL							A	October Half Term Holiday
	CV/RESP			A	FITNESS/TRAINING						
Half Term 2 (2 nd November- 18 th December) 7 weeks	Wk9	Wk10	Wk11	Wk12	Wk13	LC2	Wk14	Wk15		Christmas Holiday	
	HANDBALL/NETBALL PRACTICAL										
		MOVEMENT ANALYSIS			A	INJURY/DRUGS				A	
Half Term 3 (4 th January – 12 th February) 6 weeks	Wk16	Wk17	Wk18	Wk19	LC3	Wk20	Wk21			February Half Term Holiday	
	PEP				EFFECTS OF EX				A		
		E OF EX									
Half Term 4 (22 nd February - 26 th March) 5 weeks	Wk22	Wk23	Wk24	Wk25	LC4	Wk26				Easter Holiday	
	REVISION COMP 1										
		REVISION COMP 2									
Half Term 5 (12 th April – 28 th May) 7 weeks	Wk27	Wk28	Wk29	Wk30	Wk31	Wk32	Wk33			May Half Term Holiday	
	REVISION COMP 1				EXAM						
		REVISION COMP 2			A						
Half Term 6 (7 th June – 16 th July) 6 weeks	Wk34	Wk35	Wk36	Wk37	Wk38	Wk39				Summer Holiday	

The year consolidates both the PEP and some online learning from the previous year . It then follows the effect of participating in sport through the components of fitness and training to the dangers of injury and drug use. The content ends early to allow for a real embedding of knowledge through targeted revision of key topics across comp 1 and 2. Enabling you to reach the exam truly ready to excel.

 = S/I Assessment