

GCSE PE	Year 10			Year 11		
	Autumn	Spring	Summer	Autumn	Spring	Summer
Paper 1	Physical training Health & fitness Components of fitness Fitness testing* Types of training* Principles of training Training thresholds* Preventing injury Training seasons Warming up & cooling down	Applied Anatomy & Physiology Skeletal system Joints & movements Muscular system Movement Analysis Levers Mechanical advantage* Planes & Axes Sporting actions	Year 10 exam preparation		Applied Anatomy & Physiology Respiratory system* Aerobic & anaerobic respiration* Recovery process Effects of exercise Cardiovascular system* Exam preparation Revision	Exam preparation Revision
Paper 2	Sports Psychology Skill & ability Goals & targets Information processing Guidance & feedback Arousal Aggression Personality types Motivation	Health, fitness & well-being Physical, emotional & social well-being Sedentary lifestyle Obesity* Somatotypes Balanced diet & nutrition Energy use & water balance	Year 10 exam preparation	Socio-cultural influences Social groups & factors affecting participation* Commercialisation – sponsorship & media Technology in sport Ethical conduct in sport Performance enhancing drugs* Spectator behaviour & hooliganism	Exam preparation Revision	Exam preparation Revision
AOs Skills	A01 - Demonstrate A02 – Apply A03 – Analyse & evaluate Quantitative *	A01 - Demonstrate A02 – Apply A03 – Analyse & evaluate Quantitative *	A01 - Demonstrate A02 – Apply A03 – Analyse & evaluate	A01 - Demonstrate A02 – Apply A03 – Analyse & evaluate Quantitative *	A01 - Demonstrate A02 – Apply A03 – Analyse & evaluate Quantitative *	A01 - Demonstrate A02 – Apply A03 – Analyse & evaluate
Assessments	October December	February April	May (YR 10 exam)	October December (YR 11 mock)	February	May (External exams – Paper 1 & Paper 2)
Learning skills	Numeracy – equations Presenting and analysing data – graphs/tables Extended responses Flashcards Mind mapping	Numeracy - equations Analysing data – graphs/table Extended responses Mind mapping	Extended responses	Presenting and analysing data – graphs/tables Extended responses Flashcards Mind mapping	Numeracy - equations Presenting and analysing data – graphs/tables Extended responses Mind mapping	
NEA COURSEWORK			Analysis section Component of fitness – strength/weakness Skill – strength/weakness	Evaluation section Training session for fitness component weakness	Evaluation section Linking theory to skill weakness	
Assessment			July	November	January March/April – External moderation	
NEA PRACTICAL	Netball Winter sports footage capture	Trampolining/Gymnastics Winter sports footage capture	Athletics/Dance Summer sports footage capture	Netball/Trampolining Footage capture (if applicable)	Dance Final footage collated. External moderation	