

# Year: 10

# Subject: GCSE PE

<b>Half Term 1</b> 1 <sup>st</sup> Sept – 24 <sup>th</sup> October) <b>8 weeks</b>	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7 <b>iiL</b>	Wk8	<b>October Half Term Holiday</b>		
	Physical, Emotional + Social Health		Lifestyle Choices	Positive and Negative Influences	Consequences of sedentary lifestyle	Balanced Diet	Optimum Weight + Dietary manipulation	Assessment 1			
<b>Half Term 2</b> (3 <sup>rd</sup> November – 19 <sup>th</sup> December) <b>7 weeks</b>	Wk9	Wk10	Wk11	Wk12	Wk13	Wk14	Wk15	<b>Christmas Holiday</b>			
	Smart Goals	Skill Classification	Types of Practice	Guidance in Sport	Feedback	Mental Preparation	Assessment 2				
<b>Half Term 3</b> (5 <sup>th</sup> January – 13 <sup>th</sup> February) <b>6 weeks</b>	Wk16 <b>ICA</b>	Wk17	Wk18 <b>LC1</b>	Wk19	Wk20	Wk21 <b>PE</b>	<b>February Half Term Holiday</b>				
	Reasons for Participation (1)	Reasons for Part(2) / Use of data	Commercialisation	Commercialisation	Gamesmanship + Deviance	Assessment 3 Whole unit					
<b>Half Term 4</b> (3 <sup>rd</sup> February – 27 <sup>th</sup> March) <b>5 weeks</b>	Wk22	Wk23	Wk24	Wk25	Wk26	<b>Easter Holiday</b>		<b>KEY</b>  <b>ICA</b> – Internal Class Assessment <b>LC</b> – Learning Cycle Week <b>PE</b> – Parents Evening <b>iiL</b> – Investment in learning data drop <b>Trial</b> – Trial Period <b>WE</b> – Work Experience			
	Review of Exam Paper	Pep - Comp of fitness / Training meth	Pep – Training Meth / PEP design	PEP – Plan Training and trail training	Performance and Fitness test data Complete PEP						
<b>Half Term 5</b> (13 <sup>th</sup> April – 22 <sup>nd</sup> May) <b>6 weeks</b>	Wk27	Wk28	Wk29	Wk30	Wk31	Wk32 <b>WE</b>	<b>May Half Term</b>				
	Complete PEP	Complete PEP	Complete PEP	Complete PEP	Complete all training sheets/fitness tests	Work Experience					
<b>Half Term 6</b> (1 <sup>st</sup> June – 17 <sup>th</sup> July) <b>7 weeks</b>	Wk33	Wk34	Wk35	Wk36 <b>Trial</b>	Wk37 <b>Trial</b>	Wk38	Wk39 <b>LC2</b>			<b>Summer Holiday</b>	
	Comp 2: Revision	Comp 2: Revision	Comp 2: Revision	Comp 2: Revision	Comp 2: Revision	Trial feedback	Intro to Comp 1				

# Year: 11

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Half Term	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6 <b>liL</b>	Wk7	Wk8	October Half Term Holiday
<b>1</b> 1 <sup>st</sup> Sept – 24 <sup>th</sup> October) 8 weeks	Intro to Fitness (definitions)	Skill + Physical Fitness Components	Fitness Tests	Fitness Tests	Principals of Training	Training Methods	Training Methods	Training Intensities	
<b>Half Term 2</b> (3 <sup>rd</sup> November – 19 <sup>th</sup> December) 7 weeks	Wk9	Wk10 <b>PE</b>	Wk11 <b>Trial</b>	Wk12 <b>Trial</b>	Wk13	Wk14 <b>LC1</b>	Wk15	Christmas Holiday	
	Skeletal: Functions and bones	Joints and Movement	Revision	Revision	Muscle Location + Antagonistic pairs	Movement analysis	Movement analysis		
<b>Half Term 3</b> (5 <sup>th</sup> January – 13 <sup>th</sup> February) 6 weeks	Wk16	Wk17	Wk18	Wk19	Wk20 <b>Trial</b>	Wk21 <b>Trial</b>	February Half Term Holiday		
	Muscle Fibre types	Cardio vascular Structure	Blood vessels and blood shunting	Components of blood	Respiratory Structure + gas exchange	Aerobic and Anaerobic respiration			
<b>Half Term 4</b> (3 <sup>rd</sup> February – 27 <sup>th</sup> March) 5 weeks	Wk22 <b>Trial</b>	Wk23	Wk24 <b>LC2</b>	Wk25	Wk26 <b>PE</b>	Easter Holiday	<u>KEY</u>  ICA – Internal Class Assessment LC – Learning Cycle Week PE – Parents Evening liL – Investment in learning data drop Trial – Trial Period		
	Review Pre-lims and improve	Levers classification	Planes and axis	Movement analysis recap	Short and long term effects of exercise				
<b>Half Term 5</b> (13 <sup>th</sup> April – 22 <sup>nd</sup> May) 6 weeks	Wk27	Wk28	Wk29 <b>Exams</b>	Wk30 <b>Exams</b>	Wk31 <b>Exams</b>	Wk32 <b>Exams</b>		May Half Term	
	Performance Enhancing Drugs	Injury and their prevention	Revision	Revision	Revision	Revision			
<b>Half Term 6</b> (1 <sup>st</sup> June – 17 <sup>th</sup> July) 7 weeks	Wk33 <b>Exams</b>	Wk34 <b>Exams</b>	Wk35 <b>Exams</b>	Wk36	Wk37	Wk38		Wk39	Summer Holiday
	Revision	Revision	Revision						