



GCSE PE



Topics												
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
TERM 1	Health, Fitness and Well-being Practical Assessment x 1		The contribution physical activity makes to health and fitness Practical Assessment x 1		Consequences of a sedentary lifestyle Practical Assessment x 1		Written Assessment	Diet and Nutrition	Components of fitness Practical Assessment x 1		Measuring health and fitness Practical Assessment x 1	
TERM 2	Methods of training Practical Assessment x 2			Written Assessment	Training zone graphs and analysing data Practical Assessment x 1		Principles of training and exercising Practical Assessment x 1		Written Assessment	Warm up and cool down Data analysis Practical Assessment x 2		
TERM 3	Muscular-skeletal system Cardio-respiratory and vascular system Practical assessment x 2				Aerobic and anaerobic exercise Short and long term effects of exercise Practical Assessment x 2			Start NEA Assessment	Written NEA Assessment Practical NEW Assessment			



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	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Term 1	Muscle contractions x 4 Practical Assessment x 1		Lever system x 4 Practical Assessment x 1		Written Assessment	Planes of and axes of movement x 4 Practical Assessment x 1		Sports technology x 2	Wave 1		Goal-setting x 2	Information processing x 2
Term 2	Guidance x 2 Mental Preparation x 2 Practical Assessment x 1		Motivation x 2	Characteristics of a skilled performance x 4 Practical Assessment x 1		Classifications of skills x 2	Wave 2		Types of practice x 3 Data analysis x 2		Participation x 5	
Term 3	Performance x 5		Provision x 2	Pre-release Prep Revision								