

## Winstanley Two Year Overview for GCSE Edexcel P.E.

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>YEAR 10</b>	<p>Topic 1.1.1 Healthy, active lifestyles and how they could benefit you</p> <p>Topic 1.1.2 Influences on your healthy, active lifestyle</p>	<p>Topic 1.1.5 Your personal health and wellbeing</p>	<p>Topic 1.1.3 Exercise and fitness as part of your healthy, active lifestyle</p>	<p>Topic 1.1.4 Physical activity as part of your healthy, active lifestyle</p>	<p>Topic 1.1.5 Your personal health and wellbeing</p>	<p>Topic 1.2.1 Physical activity and your healthy mind and body</p>
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>YEAR 11</b>	<p>Topic 1.2.2 A healthy, active lifestyle and your cardiovascular system</p>	<p>Topic 1.2.3 A healthy, active lifestyle and your respiratory system</p> <p>Topic 1.2.4 A healthy, active lifestyle and your muscular system</p>	<p>Topic 1.2.5: A healthy, active lifestyle and your skeletal system</p>	<b>REVISION &amp; EXAMS</b>	<b>REVISION &amp; EXAMS</b>	<b>EXAMS</b>