

GCSE PE

Year	Autumn Term		Spring Term		Summer Term	
	HT1	HT2	HT3	HT4	HT5	HT6
10	<p>Theory 3.1.3.1 The relationship between health and fitness and the role that exercise plays in both 3.1.3.2 The components of fitness, benefits for sport and how fitness is measured and improved 3.1.3.5 Effective use of warm up and cool down</p> <p>3.1.3.3 The principles of training and their application to personal exercise/training programmes.</p> <p>3.1.3.4 How to optimise training and prevent injury.</p> <p>3.1.1.1 The structure and functions of the musculoskeletal system</p> <p>Practical Climbing</p> <p>Key assessments Progress test A final assessment in climbing for every student (recorded in overall tracker)</p>	<p>Theory 3.1.2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement 3.1.2.2 Planes and axes of movement 3.1.1.2 The structure and functions of the cardio respiratory system</p> <p>NEA: Analysis of strengths</p> <p>Practical Badminton/Table Tennis</p> <p>Key assessments Progress test A final assessment in badminton or table tennis for every student (recorded in overall tracker)</p>	<p>Theory(2 lessons) 3.1.1.3 Anaerobic and aerobic exercise 3.1.1.4 The short and long term effects of exercise 3.1.4.2 Present data (including tables and graphs) 3.1.4.3 Analyse and evaluate data</p> <p>Paper 2</p> <p>3.2.1.1 Classification of skills 3.2.1.3 Basic information processing model. 3.2.1.4 Guidance and feedback on performance. 3.2.1.5 Mental preparation for performance</p> <p>NEA: (1 lesson after Easter)Analysis of strengths and weaknesses Practical (2 lessons until May half term) Athletics Key assessments Progress test NEA Part 1 A final assessment in Athletics for every student (recorded in overall tracker) All homeworks in HT5 must be written NEA</p>			
11	<p>Theory 3.2.2.1 Engagement patterns of different social groups in physical activity and sport 3.2.2.2 Commercialisation of physical activity and sport</p>	<p>Theory 3.2.3.1 Physical, emotional and social health, fitness and wellbeing 3.2.3.2 The consequences of a sedentary lifestyle 3.2.3.3 Energy use, diet, nutrition and hydration</p>				

	<p>3.2.2.3 Ethical and socio-cultural issues in physical activity and sport</p> <p>NEA Evaluation part 1 NEA Evaluation part 2</p> <p>Practical Final assessments</p> <p>Key assessments First phase of mock exams</p>	<p>3.1.4.1 Demonstrate an understanding of how data are collected-both qualitative and quantitative</p> <p>Key assessments Second phase of mock exams</p>
--	---	---