

GCSE P.E

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
KEY TOPIC/VALUE						
YEAR 9	Paper 1 The skeletal system Articulating bones Functions of the Skeletal system Paper 2 Skill & ability Classifying skill	Paper 1 The structure of a synovial joint. Freely moveable joints and actions Paper 2 Goal setting(SMART) Information processing	Paper 1 The movement of the major muscle groups The respiratory system. Paper 2 Guidance and feedback	Paper 1 Gaseous exchange The process of breathing and the passage of air. Paper 2 Arousal Aggression	Paper 1 The cardiovascular system Blood vessels The pathway of the blood Paper 2 Personality Motivation	Paper 1 Redistribution of blood Cardio output, stroke volume and heart rate. Paper 2 Social groups and engagement patterns

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 10	<p>Paper 1 Aerobic and anaerobic exercise The recovery process The immediate, short term and long term effects of exercise</p> <p>Paper 2 Commercialization of sport and physical activity.</p>	<p>Paper 1 First, second and third class levers. Position of fulcrum, load and effort.</p> <p>Paper 2 The impact of technology on sport. Ethical conduct of performers Spectator behaviour</p>	<p>Paper 1 Mechanical advantage Analysis of basic sporting movements.</p> <p>Paper 2 Physical, emotional and social health, fitness and wellbeing.</p>	<p>Paper 1 Planes and axes of movement</p> <p>Coursework</p>	<p>Paper 1 Health and fitness.</p> <p>Coursework</p>	<p>Paper 1 Components of fitness Principles of training.</p> <p>Coursework</p>

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 11	Paper 1 Warm up & cooling down Training intensities Seasonal training Paper 2 Energy use, diet, nutrition and hydration.	Paper 1 Use of data: Quantitative Qualitative & the collection, presentation and analysis of data.	Exam question practice. Recap difficult areas i.e. Levers, planes and axes.	Revision/Exam practice Preparation for practical moderation.	Revision Preparation for practical moderation Exams	