

KS4 PE GCSE

Class Group	Autumn Term		Spring Term		Summer Term	
	First half	Second half	First half	Second half	First half	Second half
Years 10	Health, Fitness and Wellbeing (Paper 2) Physical, Emotional and Social Health Lifestyles Diet and nutrients	Applied Anatomy and Physiology (Paper 1) Skeletal System Muscular System	Applied Anatomy and Physiology (Paper 1) Cardiovascular System Respiratory System	Applied Anatomy and Physiology (Paper 1) Energy Sources Anaerobic and Aerobic Exercise Effects of Exercise	Movement Analysis (Paper 1) Lever systems & Planes of Axes movement	Review, Exam Skills and Assessment
Year 10	Introduction to the Practical Performance Roles of the players/performers Skills Rules and Laws	Sport Psychology (Paper 2) Classification of Skills Goal Setting Forms of Practice	Sport Psychology (Paper 2) Types of Guidance Preparation for Performance Types of Feedback Use of data	Health, Fitness & Well-being (Paper 2) Personal Exercise Programme (Theory)	Health, Fitness & Well-being (Paper 2) Personal Exercise Programme (Preparation & Application)	Health, Fitness & Well-being (Paper 2) Personal Exercise Programme (Application & Evaluation) (Core PE support)
Year 10		Sport 1 (Core PE support) Development of Skills	Sport 1 (Core PE support) Development of Skills & Assessment	Sport 2 (Core PE support) Development of Skills	Sport 2 (Core PE support) Development of Skills & Assessment	
Year 11	Physical Training (Paper 1) Effects of Training Injuries Performance Enhancing Drugs	Revision of Applied Anatomy and Physiology	Revision of Movement Analysis & Physical Training	Revision of Sport Psychology & Socio-cultural Influences		

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Year 11	Socio-Cultural Influences (Paper 2) Factors impacting on participation Commercialisation	Socio-Cultural Influences (Paper 2) Sporting Behaviours Deviance in Sport	Practical Performance Sport 3 Development of Skills	Practical Performance Sport 3 Development of Skills & Assessment		
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