

YR10
 GCSE PE
 60% Theory
 40% Practical (10% Coursework PEP)
 Paper 1: Fitness & Body Systems 1hr30
 80 marks
 Paper 2: Health & Performance 1hr15
 60marks

Revisit:
 athletics
 Badminton, Football, Netball and Handball

Formative Assessment

Athletics



Term 6: Personal Exercise Plan
 How to evaluate and interpret data
 Injuries and safety in sport

Term 5: Summative theory Assessment

Formative Assessment

Term 5: Physical Training
 Analysis of fitness test- PEP
 SMART goals and application
 Principles of training and application

Formative Assessment

Term 4: Physical Training
 Principles of training how to apply, analyse and interpret data

Personal Exercise Programme



Handball

Term 3: Summative theory Assessment

Term 3: Physical Training
 Components of fitness related to sporting actions and Methods of training.

Formative Assessment

Term 2-3: Physical Training
 Heart rates and training thresholds, fitness testing and normative thresholds

Netball



Formative Assessment

YR9
 GCSE PE - develop concepts and skills required to complete GCSE PE.
 Understand the purpose of fitness testing and how to analyse and interpret data.
 Be able to apply training method to a planned exercise program.
 Develop strength and understanding when performing a range of sports applying theoretical knowledge

Fitness/ training methods

Fitness testing

Term 1-2: Anatomy & physiology
 Muscular and skeletal system
 movement and linking to pairs
 Joints

Football

Term 1: Physical Training
 Optimise performance/ Warm ups, short and long term effects of exercise.

Term 1: Summative theory Assessment

Trampolining

Formative Assessment

Badminton

