

YR11
GCSE PE
Practical 3 sports – Practical moderated exam April
PEP
Paper 2: Health & Performance
1hr15
60marks
Final Exams

Term 6: Theory: Paper 1
Revisit topics from QLA and exam practice

Formative Assessment

Revisit Practical activities based on individual 3 sports

Athletics Track filming/
Swimming filming

Handball



Term 4: Summative theory Assessment PPE

Term 5: Theory: Movement Analysis
Planes, levers and Axis

Formative Assessment

Term 4: Theory: Anatomy and Physiology
Cardiorespiratory system



Term 3 Summative theory Assessment

Term 3: Theory: Anatomy and Physiology
Musculoskeletal system



Badminton

Term 2: Theory: Physical Training
SMART targets, data analysis and PEP evaluation

Formative Assessment



Formative Assessment

Term 1 Theory: Physical training
Components of fitness, fitness testing, methods of training, Principles of training

Football

Term 1: Summative theory Assessment

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

Athletics

Netball



Formative Assessment



Practical Assessment

PAR-Q

AM I READY TO START MY TRAINING PROGRAMME?

- Has a doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? YES /NO
- Do you feel pain in your chest when you do physical activity? YES /NO
- In the past month, have you had chest pain when you were not doing physical activity? YES /NO
- Do you ever lose your balance because of dizziness or do you ever lose consciousness? YES /NO