

GCSE PE CURRICULUM PLAN – 2

YEAR 10

LESSON	TERM 1		TERM 2		TERM 3	
THEORY	1.2a Components of Fitness TASK 2 AEP	1.2b Methods and Principles of Training	1.2c Preventing Injury	1.1a Skeletal System	1.1b Muscular System	1.1d Cardiovascular & Respiratory System
MIXED	Fitness testing and rating TASK 1 AEP	Methods of Training	1.2c Preventing Injury	1.1c Biomechanics		1.1e Effects of exercise Complete as practical and theory
PRACTICAL	Netball/Football in depth (log games)	Badminton (log games)	Handball (log games)	Handball (log games)	Hockey (log games)	Basketball (log games)

YEAR 11

LESSON	TERM 1		TERM 2		TERM 3
THEORY	2.2 Sports Psychology	2.1a Engagement factors YEAR 10 Exam PAPER 1	2.1b Commercialisation	2.1c Ethics	PAPER 1 REVISION
MIXED	Task 5 and 6 of AEP	Coursework Completed Competitive Logs completed	2.3 Health and Fitness	Revision for mocks	PAPER 2 REVISION
PRACTICAL	Badminton (log games)	Athletics in depth (log performance)	Netball/Football	Badminton	EXAM QUESTIONS