

GCSE PE

Date	Exams/ Assess	Unit(s)
4/9/23		Skeletal system - functions, skeleton, joints
11/9/23		Physical training – health fitness and exercise, components of fitness, principles of training Practical – fitness testing
18/9/23		
25/9/23		
2/10/23		
9/10/23		
16/10/23		
30/10/23		Muscular system – functions, muscle types, skeletal muscles labelling, fibre types
6/11/23		Physical training – methods of training and SMART targets, warm ups/cool downs Practical - Netball
13/11/23		
20/11/23		
27/11/23		
4/12/23		
11/12/23		Revision
1/1/24		Cardiovascular system- functions, heart structure, blood, blood vessels Coursework introduction – PEP, Fitness test analysis Practical - Badminton
8/1/24		
15/1/24		
22/1/24		
29/1/24		
5/2/24		Coursework – PEP preparation continued Practical –Dance/football
12/2/24		
26/2/24		
4/3/24		
11/3/24		
18/3/24		Respiratory system – mechanics of breathing, gaseous exchange, Revision
25/3/24		
15/4/24		
22/4/24		
29/4/24		
6/5/24		Coursework – PEP started and type up Practical -Athletics
13/5/24		
20/5/24		
3/6/24		
10/6/24		Anaerobic and aerobic exercise – Short term/long term effects of exercise Coursework – PEP completed and evaluation type up Practical - Athletics
17/6/24		
24/6/24		
1/7/24		
8/7/24		
15/7/24		