

Subject: GCSE PE

Date	Exams/ Assess	Unit(s)
2/9/24		Skeletal system - functions, skeleton, joints
9/9/24		Physical training – health fitness and exercise, components of fitness, principles of training Core task – end of topic test – Skeletal system Practical – fitness testing
16/9/24		
23/9/24		
30/09/24		
7/10/24		
14/10/24		
21/10/24		Muscular system – functions, muscle types, skeletal muscles, fibre types Physical training – methods of training and SMART targets, warm ups/cool downs Core task – End of topic test – Muscular system & Physical Training Practical - Netball
4/11/24		
11/11/24		
18/11/24		
25/11/24		
2/12/24		
9/12/24		Cardiovascular system- functions, heart structure, blood Coursework introduction – PEP Core task – PPE1 Practical - Badminton
6/1/25		
13/1/25		
20/1/25		
27/1/25		
3/2/25		
10/2/25		Cardiovascular system- continued Coursework – PEP Core task – end of topic test – CV System Practical –Dance/football
24/2/25		
3/3/25		
10/3/25		
17/3/25		
24/3/25		
31/3/25		Respiratory system Core Task – End of topic test – Respiratory System Coursework – PEP Practical -Athletics
21/4/25		
28/4/25		
5/5/25		
12/5/25		Anaerobic and aerobic exercise – Short term/long term effects Movement Analysis Coursework – PEP completed Core task – PPE2 Practical - Athletics
19/5/25		
2/6/25		
9/6/25		
16/6/25		
23/6/25		
30/6/25		
7/7/25		
14/7/25		