

| Date     | Exams/<br>Assess | Paper 1                                                                                                                                                                                                                               |
|----------|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1/9/25   |                  | <b>Skeletal system</b> - functions, skeleton, joints                                                                                                                                                                                  |
| 8/9/25   |                  |                                                                                                                                                                                                                                       |
| 15/9/25  |                  |                                                                                                                                                                                                                                       |
| 22/9/25  |                  |                                                                                                                                                                                                                                       |
| 29/9/25  |                  |                                                                                                                                                                                                                                       |
| 6/10/25  |                  |                                                                                                                                                                                                                                       |
| 13/10/25 |                  |                                                                                                                                                                                                                                       |
| 20/10/25 |                  | <b>Physical training</b> – health fitness and exercise, components of fitness, principles of training<br><br>Core task – end of topic test – Skeletal system<br><br>Practical – fitness testing                                       |
| 3/11/25  |                  |                                                                                                                                                                                                                                       |
| 10/11/25 |                  |                                                                                                                                                                                                                                       |
| 17/11/25 |                  |                                                                                                                                                                                                                                       |
| 24/11/25 |                  |                                                                                                                                                                                                                                       |
| 1/12/25  |                  |                                                                                                                                                                                                                                       |
| 8/12/25  |                  |                                                                                                                                                                                                                                       |
| 15/12/25 |                  | <b>Muscular system</b> – functions, muscle types, skeletal muscles, fibre types<br><br>Core task – PPE1<br><br>Physical training – methods of training and SMART targets, warm ups/cool downs<br><br>Practical - Netball              |
| 5/1/26   |                  |                                                                                                                                                                                                                                       |
| 12/1/26  |                  |                                                                                                                                                                                                                                       |
| 19/1/26  |                  |                                                                                                                                                                                                                                       |
| 26/1/26  |                  |                                                                                                                                                                                                                                       |
| 2/2/26   |                  |                                                                                                                                                                                                                                       |
| 9/2/26   |                  |                                                                                                                                                                                                                                       |
| 23/2/26  |                  | <b>Cardiovascular system</b> - functions, heart structure, blood<br><br>Coursework introduction – PEP<br><br>Core task – End of topic test – Muscular system & Physical Training<br><br>Practical - Badminton                         |
| 2/3/26   |                  |                                                                                                                                                                                                                                       |
| 9/3/26   |                  |                                                                                                                                                                                                                                       |
| 16/3/26  |                  |                                                                                                                                                                                                                                       |
| 23/3/26  |                  |                                                                                                                                                                                                                                       |
| 30/3/26  |                  |                                                                                                                                                                                                                                       |
| 20/4/26  |                  |                                                                                                                                                                                                                                       |
| 27/4/26  |                  | <b>Cardiovascular system</b> - continued<br><br>Coursework – PEP<br><br>Core task – end of topic test – CV System<br><br>Practical –Dance/football<br><br>Core task – PPE2                                                            |
| 4/5/26   |                  |                                                                                                                                                                                                                                       |
| 11/5/26  |                  |                                                                                                                                                                                                                                       |
| 18/5/26  |                  |                                                                                                                                                                                                                                       |
| 1/6/26   |                  |                                                                                                                                                                                                                                       |
| 8/6/26   |                  |                                                                                                                                                                                                                                       |
| 15/6/26  |                  |                                                                                                                                                                                                                                       |
| 22/6/26  |                  | <b>Anaerobic and aerobic exercise</b> – Short term/long term effects<br><b>Movement Analysis</b><br>Coursework – PEP completed<br><br>Core Task – End of topic test – Respiratory System & movement analysis<br>Practical - Athletics |
| 29/6/26  |                  |                                                                                                                                                                                                                                       |
| 6/7/26   |                  |                                                                                                                                                                                                                                       |
| 13/7/26  |                  |                                                                                                                                                                                                                                       |
|          |                  |                                                                                                                                                                                                                                       |

