

National curriculum or specification coverage
Component 1: Fitness and Body Systems

Content overview: • Topic 1: Applied anatomy and physiology • Topic 2: Movement analysis • Topic 3: Physical training • Topic 4: Use of data

Component 3: Practical Performance

Assessment overview: The assessment consists of students completing three physical activities from a set list. One must be a team activity. One must be an individual activity. The final activity can be a free choice. Students must participate in three separate activities.

Component 4: Personal Exercise Programme (PEP)

Content overview: • Aim and planning analysis • Carrying out and monitoring the PEP • Evaluation of the PEP

Date	Exams/ Assessments	Learning Intentions		Core Task/Assessments
31/08/26		Theory The structure and functions of the musculoskeletal system (i) • Functions of the skeletal system • Classification of bones • Structure of the skeletal system • Movement possibilities at joints • Joint classification	Practical Fitness Testing • Cooper run • Illinois agility run • Hand grip dynamometer • 30m sprint • Vertical jump • 1 min sit up • 1 min press up • Sit and reach	
07/09/26				
14/09/26				
21/09/26				
28/09/26				
05/10/26				
12/10/26				
19/10/26				

Year 10 Long Term Scheme of Learning 2026-2027

Subject: GCSE PE

		Physical training: • Components of fitness • Fitness tests • Principles of training		Core task 1 – Unit test
26/10/26	HALF TERM			
02/11/26		Theory The structure and functions of the musculoskeletal system (ii) • Classification and roles of muscles • Location and roles of key voluntary muscles • Antagonistic muscles • Fast and slow twitch muscle fibres Physical Training • Methods of training • Goal setting – SMART targets • Warm-ups and cool-downs	Practical Netball Candidates will be assessed on any four of the skills when performed in isolation or unopposed practice (/10) Candidates will be assessed on the quality of appropriate skills, techniques and decision-making processes to meet the challenges during a conditioned/formal/competitive situation (according to the player’s position), including using the skills/techniques from isolation/unopposed situations (/25)	Core task 2 - PPE1
09/11/26				
16/11/26	Y10			
23/11/26	Y10			
30/11/26				
07/12/26				
14/12/26				
21/12/26	CHRISTMAS HOLIDAY			
28/12/26				
04/01/27		Theory The structure and functions of the cardiorespiratory system (i) • Structure and function of cardiovascular system • Arteries, capillaries and veins + Vascular shunting • Components of blood and their significance for physical activity	Practical Badminton (i) Candidates will be assessed on any four of the skills when performed in isolation or unopposed practice (/10) Candidates will be assessed on the quality of appropriate skills, techniques and decision-making processes to meet the challenges during a conditioned/formal/competitive situation (according to the player’s position), including using the skills/techniques from isolation/unopposed situations (/25)	
11/01/27				
18/01/27				
25/01/27				
01/02/27				
08/02/27				

Year 10 Long Term Scheme of Learning 2026-2027

Subject: GCSE PE

		Personal Exercise Programme (PEP) - An introduction to using a PEP to develop fitness, health and exercise and performance. - Components of fitness recap - Fitness tests for PEP		Core Task 3 – Unit test
15/02/27	HALF TERM			
22/02/27		Theory The structure and functions of the cardiorespiratory system (ii) - Respiratory system – composition of air; lung volumes - Location and roles of principal components of respiratory system - Structure and function of alveoli Personal Exercise Programme (PEP) - Application of principles of training to a PEP - Application of methods of training to a PEP	Practical Badminton (ii) Students will be assessed on any four of the skills when performed in isolation or unopposed practice (/10) Students will be assessed on the quality of appropriate skills, techniques and decision-making processes to meet the challenges during a conditioned/formal/competitive situation (according to the player's position), including using the skills/techniques from isolation/unopposed situations (/25) Dance Students will be assessed on the quality demonstrated for any four of the skills (/10) Students should demonstrate their ability to develop and apply appropriate skills, techniques and original ideas with refinement, precision, control and fluency to perform in either a solo, duet or group dance of between 2–3 minutes. Where students choose to perform in a group dance, there can be a maximum of five performers in the group. (/25)	Core Task 4 – Unit test
01/03/27				
08/03/27				
15/03/27				
22/03/27				

Year 10 Long Term Scheme of Learning 2026-2027

Subject: GCSE PE

29/03/27	SPRING BREAK			
05/04/27				
12/04/27		Theory	Practical	PPE2
19/04/27	Y10	Performance enhancing drugs	Athletics (i)	
26/04/27	Y10			
03/05/27		Categories of performance enhancing drugs and potential side effects.	Students will be assessed on the skills listed when performed in isolation or unopposed practice, for one of the following events.	
10/05/27		Sporting injuries		
17/05/27		- Identification and treatment of injury - Injury prevention in physical activity	The one field event can be selected from: High jump, pole jump, long jump, triple jump, shot putt, javelin, hammer or discus.	
24/05/27		Personal Exercise Programme (PEP)	The one track event can be selected from: - Track sprints: 100 m, 200 m, 300 m (girls), 400 m (boys) - Track middle distance: 800 m, 1500 m - Track long distance: 3000 m, 5000 m, 1500 m steeplechase - Track hurdles: 80 m (girls), 100 m (boys), 300 m (girls), 400 m (boys) OR - Cross-country running (/10)	
		Carrying out/Evaluation	Students will be assessed on the quality of appropriate skills, techniques and decision-making processes for one event to meet the challenges during a conditioned/formal/competitive situation, including using the skills/techniques from isolation/unopposed situations. This must include competing against suitably challenging opponents in a school, club, or higher competitive event. (/25)	
31/05/27	HALF TERM			
07/06/27		Theory	Athletics (ii)	

Year 10 Long Term Scheme of Learning 2026-2027

Subject: GCSE PE

14/06/27				
21/06/27				
28/06/27				
05/07/27				
12/07/27		Aerobic and anaerobic exercise • Energy sources • Short term effects of exercise • Long term effects of training on the musculo-skeletal system • Long term effects of training on the cardio-respiratory system Movement Analysis • Lever systems – first-, second- and third-class levers • Mechanical advantage • Planes and axes Personal Exercise Programme (PEP) Completion & Evaluation	Students will be assessed on the skills listed when performed in isolation or unopposed practice, for one of the following events. The one field event can be selected from: • High jump, pole jump, long jump, triple jump, shot putt, javelin, hammer or discus. The one track event can be selected from: • Track sprints: 100 m, 200 m, 300 m (girls), 400 m (boys) • Track middle distance: 800 m, 1500 m • Track long distance: 3000 m, 5000 m, 1500 m steeplechase • Track hurdles: 80 m (girls), 100 m (boys), 300 m (girls), 400 m (boys) OR • Cross-country running (/10) Students will be assessed on the quality of appropriate skills, techniques and decision-making processes for one event to meet the challenges during a conditioned/formal/competitive situation, including using the skills/techniques from isolation/unopposed situations. This must include competing against suitably challenging opponents in a school, club, or higher competitive event. (/25)	Core Task 6 - Unit test