

National curriculum or specification coverage

Component 2: Health and Performance

Content overview • Topic 1: Health, fitness and wellbeing • Topic 2: Sport psychology • Topic 3: Socio-cultural influences • 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.

Date	Exams/ Assessments	Learning Intentions		Core Task / Assessments
31/08/26		Theory Health, fitness and wellbeing (i) - Physical, emotional and social health, fitness and wellbeing Sport Psychology (i) - Classification of skills (basic/ complex, open/closed) - The use of goal setting and SMART targets to improve and/or optimise performance	Practical Moderation preparation	Core task 1 - PPE1
07/09/26				
14/09/26				
21/09/26				
28/09/26				
05/10/26				
12/10/26	Y11			
19/10/26	Y11			

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26/10/26	HALF TERM			
02/11/26		Theory	Practical	
09/11/26		Health, fitness and wellbeing (ii) - The consequences of a sedentary lifestyle - Energy use, diet, nutrition and hydration	Moderation preparation	
16/11/26				
23/11/26				
30/11/26				
07/12/26				
14/12/26		Sport Psychology (ii) - Guidance and feedback on performance - Mental preparation for performance		
21/12/26	CHRISTMAS HOLIDAY			
28/12/26				
04/01/27		Theory	Practical	
11/01/27		Socio-cultural influences - Engagement patterns of different social groups in physical activity and sport - Commercialisation of physical activity and sport - Ethical and socio-cultural issues in physical activity and sport	Moderation preparation	
18/01/27				
25/01/27				
01/02/27				
08/02/27	Y11			Core task 3 – PPE2
15/02/27	HALF TERM			
22/02/27		Theory Revision/Exam preparation	Practical Moderation preparation	
01/03/27				
08/03/27				
15/03/27				
22/03/27				
29/03/27	SPRING BREAK			
05/04/27				
12/04/27		Revision/Exam preparation		
19/04/27				
26/04/27				
03/05/27				
10/05/27				



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17/05/27			
24/05/27			
31/05/27	HALF TERM		
07/06/27			
14/06/27			
21/06/27			
28/06/27			
05/07/27			
12/07/27			