



Curriculum Overview 2024-25

GCSE Physical Education

YEAR 10 (Class of 2026)		YEAR 11 (Class of 2025)	
Data Entry Deadlines		Data Entry Deadlines	
Week Beg.		Week Beg.	
02-Sep	Location of Bones and Functions of the Skeleton	02-Sep	Types of Guidance/Types of Feedback
09-Sep	Types of Synovial Joint and Movement Types	09-Sep	Health, Fitness and Well-Being
16-Sep	Location of Major Muscle Groups and Role of Muscles	16-Sep	Diet and Nutrition
23-Sep	Lever Systems	23-Sep	Engagement Patterns of Social Groups - Revision
30-Sep	Planes of Movement & Axis of Rotation	30-Sep	Commercialisation of Sport - Revision
07-Oct	Structure and Function of the Cardiovascular System	07-Oct	Ethical and Socio-cultural Issues - Revision
14-Oct	Structure and Function of the Respiratory System	14-Oct	Sport Psychology - Revision
04-Nov	Aerobic and Anaerobic Exercise	04-Nov	Paper Two Revision
11-Nov	Structure and Function of the Cardiovascular System	11-Nov	Paper Two Revision
18-Nov	Short Term Effects of Exercise	18-Nov	PPEs
25-Nov	Long Term Effects of Exercise	25-Nov	
02-Dec	The Components of Fitness	02-Dec	
09-Dec	The Principles of Training	09-Dec	
16-Dec	Optimising Training	16-Dec	Coursework Completion
			Coursework Completion
06-Jan	Prevention of Injury	06-Jan	Skeletal System - Revision
13-Jan	Paper One Revision	13-Jan	Muscular System - Revision
20-Jan	Exam Week	20-Jan	Movement Analysis (Levers, Planes, Axis) - Revision
27-Jan	Physical Activity and Sport in the UK	27-Jan	Cardiovascular System - Revision
03-Feb	Participation in Physical Activity and Sport	03-Feb	Respiratory System - Revision
10-Feb	Commercialisation of Sport	10-Feb	Effects of Exercise on the Body - Revision
24-Feb	Ethics and Violence in Sport	24-Feb	Components of Fitness - Revision
03-Mar	Drugs in Sport	03-Mar	Applying the Principles of Training - Revision
10-Mar	Drugs in Sport	10-Mar	Prompted PPEs
17-Mar	Characteristics of Skilful Movement	17-Mar	Optimising Training - Revision
24-Mar	Classification of Skills/Goal Setting	24-Mar	Prevention of Injury - Revision
31-Mar	Mental Preparation	31-Mar	Movement Analysis (Levers, Planes, Axis) - Revision
21-Apr	Introduction to Coursework - Fitness Testing and Norm	21-Apr	Precision Planning - Individual Revision
28-Apr	Evaluation of Strengths and Weaknesses	28-Apr	Precision Planning - Individual Revision
05-May	Overview of Key and Advanced Skills	05-May	GCSE Exams
12-May	Overview of Key and Advanced Skills	12-May	
19-May	Assess Strengths and Weakness of Key Skills	19-May	
02-Jun	Assess Strengths and Weakness of Key Skills	02-Jun	GCSE Exams
09-Jun	Paper One Revision	09-Jun	
16-Jun	PPEs	16-Jun	
23-Jun		23-Jun	
30-Jun		30-Jun	
07-Jul		07-Jul	
14-Jul	Action Plan	14-Jul	
21-Jul	CEW Week	21-Jul	