



Curriculum Overview 2023-24

GCSE Physical Education

	HT										X-mas					HT					Easter					HT												
Data Entry Deadlines											PS1										PS2					Eve					PS3							
Week Beg.	4-Sep	11-Sep	18-Sep	25-Sep	2-Oct	9-Oct	30-Oct	6-Nov	13-Nov	20-Nov	27-Nov	4-Dec	11-Dec	8-Jan	15-Jan	22-Jan	29-Jan	5-Feb	19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	15-Apr	22-Apr	29-Apr	6-May	13-May	20-May	3-Jun	10-Jun	17-Jun	24-Jun	1-Jul	8-Jul	15-Jul	22-Jul
YEAR 10 (Class of 2025)	Anatomy & Physiology										Anatomy & Physiology					Anatomy & Physiology					Socio-Cultural Influences					GCSE PE Coursework												
	Location of Bones and Functions of the Skeleton										Summative Testing					The Components of Fitness					Physical Activity and Sport in the UK					Fitness Testing and Normative Data					PPE Preparation							
	Types of Synovial Joint and Movement Types										Structure and Function of the Cardiovascular System					The Principles of Training					Participation in Physical Activity and Sport					Evaluation of Strength and Weaknesses					PPEs							
	Location of Major Muscle Groups and Role of Muscles in Movement										Structure and Function of the Respiratory System					Optimising Training					Commercialisation of Sport					Analysis of Components of Fitness												
	Lever Systems										Aerobic and Anaerobic Exercise					Prevention of Injury					Ethics and Violence in Sport					Overview of Key Skills												
	Planes of Movement										Short Term Effects of Exercise					End of Unit Test					Drugs in Sport					Assess Strengths and Weakness of Key Skills												
	Axis of Rotation										Long Term Effects of Exercise										Summative Testing					Movement Analysis												
											Summative Testing																											
YEAR 11 (Class of 2024)	Socio-Cultural Influences										Exam Prep - SCI					Exam Prep - A&P					Exam Prep - A&P					Revision					GCSE Exams							
	Characteristics of Skillful Movement										Engagement Patterns of Social Groups - Revision					Skeletal System - Revision					Effects of Exercise on the Body - Revision					Individual Revision												
	Classification of Skills/Goal Setting										Commercialisation of Sport - Revision					Muscular System - Revision					Components of Fitness - Revision					Individual Revision												
	Mental Preparation										Ethical and Socio-cultural Issues - Revision					Movement Analysis (Levers, Planes, Axes) - Revision					Applying the Principles of Training - Revision					Individual Revision												
	Types of Guidance/Types of Feedback										Sport Psychology - Revision					Cardiovascular System - Revision					Optimising Training - Revision					Individual Revision												
	Health, Fitness and Well-Being										PPEs					Respiratory System - Revision					Prevention of Injury - Revision					GCSE Exams												
	Diet and Nutrition															Practical PPEs										Summative Testing												