

GCSE PE 25.27

GCSE PE
Year 10 Curriculum plan

Based on 5 lessons over a fortnight [39- weeks]

RTH = Recommended teaching hours

Paper 1

Paper 2

NEA

Terms	Theory	RTH	NEA	RTH
Autumn 1	Components of fitness	4	Components of fitness	2
	Principles of training	2	Optimising training (methods of training)	1
	Optimising training (methods of training)	4	AEP	1
	Exam technique	1		
	AEP Intro & Evaluation	2		
Autumn 2	Goal Setting	2	AEP catch up	1
	Participation in physical activity and sport	3	Practical	4
	Physical activity and sport in the UK (strategies and trends)	2		
	Commercialisation in sport	3		
	AEP Analysis	2		
Spring 1	Prevention of injury	3	AEP catch up	1
	Optimising training (warm-ups and cool downs)	2	Practical	5
	6-mark questions	1		
	Exam technique	1		
	AEP Overview	2		
Spring 2	Structure and function of the skeletal system	3	AEP catch up	2
	Structure and function of the muscular system	2	Practical	2
	Health, fitness and well-being	2		
	Diet and nutrition	2		
Summer 1	Classification of skill	2	AEP catch up	2
	Characteristics of Skilful movement	2	Practical	2
	AEP Part 2	2		
	Lessons lost to exam period			
Summer 2	Mental preparation	2	Athletics Assessment	3
	Guidance and feedback	5		1
	Ethics in sport (sportsmanship/Gamesmanship)	1		
	AEP Part 3	2		
		4		

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Terms	Theory	RTH	NEA	RTH
Autumn 1	Aerobic and anaerobic exercise (disc reading)	2	Practical Period 6 Trampolining, Shot, Netball	7
	Structure and function of the cardiovascular system	3		
	Structure and function of the respiratory system	1	AEP Planning	
	Retrieval practice and revision	1	Part 5 Movement Analysis	
		1	Part 3	
		1	Part 4	
Autumn 2	Retrieval for mock exams	1	Practical Period 6 Trampolining, Shot, Netball	7
	Effects of exercise on body systems	3		
	Ethics in sport (drugs in sport)	2	AEP	
	Ethics in sport (deviance/violence)	1	Write up ready for mock DC entry	
	Movement analysis (Planes and Axes)	2	Part 5 Movement Analysis	
	Movement analysis (Levers)		Part 3	
	Trends in Sport – Sport England data		Part 4	
Spring 1	Re-teach weak topics from QLA from Mock exams		Practical – moderation ready	6
	Exam technique			
	Exam paper practice			
Spring 2	Re-teach weak topics from QLA from Mock exams		SUBMIT NEA GRADES by 15th March	
	Exam technique		Practical moderation ready	
	Exam paper practice			
Summer 1	Re-teach weak topics from QLA on Mock exams			
	Exam technique			
	Exam paper practice			
Summer 2	Paper 2 preparation time			

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Terms	Theory	RTH	NEA	RTH
Autumn 1 7-weeks	Components of fitness	4	Components of fitness	2
	Principles of training	2	Optimising training (methods of training)	1
	Optimising training (methods of training)	4	AEP	1
	Exam technique	1		
	AEP Intro & Evaluation	2		
Autumn 2 7-weeks	Goal Setting	2	AEP catch up	1
	Participation in physical activity and sport	3	Practical	4
	Physical activity and sport in the UK (strategies and trends)	2		
	AEP Analysis	2		
Spring 1 6-weeks	6-mark questions	1	AEP catch up	1
	Exam technique	1	Practical	5
	Prevention of injury	3		
	Optimising training (warm-ups and cool downs)	2		
	AEP Overview	2		
Spring 2 5-weeks	Health, fitness and well-being	2	AEP catch up	2
	Structure and function of the skeletal system	3	Practical	2
	AEP Assessment	2		
Summer 1 7-weeks Year 10 mock exams Trust papers Start 19 th April [Paper 1 & Paper 2]	Structure and function of the muscular system	2	AEP catch up	2
	Classification of skill	2	Practical	2
	Characteristics of Skilful movement	2		
	AEP Movement analysis Lessons lost to exam period	2		
No content from this half-term to be on the exams.				

Summer 2 7 weeks	Diet and nutrition	2	AEP catch up	3
	Structure and function of the respiratory system	3	Practical	1
	Structure and function of the cardiovascular system	5		
	AEP Action plan	4		

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Autumn 1 7-weeks	Aerobic and anaerobic exercise	1	Practical	7
	Effects of exercise on body systems	2		
	Movement analysis (Planes and Axes)	3		
	Movement analysis (Levers)	2		
	6-mark questions			
	Exam technique			
	Retrieval practice Paper 1 and revision			
Autumn 2 7-weeks Year 11 mocks-Trust paper Start 16 th Nov [Paper 1 & Paper 2]	Retrieval for mock exams	6	Practical	7
	Mental preparation	2		
	Guidance and feedback	3		
	Lessons lost to exam period			
No content from this half-term to be included in exams.				
Spring 1 6-weeks	Commercialisation in sport	3	Practical – moderation ready	6
	Ethics in sport (drugs in sport)	1		
	Trends in Sport – Sport England data update	1		
	Ethics in sport (sportsmanship/Gamesmanship)	1		
	Ethics in sport (deviance/violence)	1		
Spring 2 5-weeks	Re-teach weak topics from QLA from Mock exams		SUBMIT NEA GRADES by 15 th March	
	Exam technique			
	Exam paper practice			
Recommend full past paper assessments for Paper 1 and Paper 2			Practical moderation ready	
Summer 1 7-weeks Paper 1 – TBC	Re-teach weak topics from QLA on Mock exams			
	Exam technique			
Summer 2 Paper 2 – TBC	Exam paper practice			
	Paper 2 preparation time			