

Physical Education

Exam Board - Edexcel 9-1

	Autumn	Spring	Summer
Year 10	<p>Paper 2 - Health, Fitness and Well-Being (8 Lessons)</p> <p>Paper 1 – Fitness & Body Systems (Physical Training) (8 Lessons)</p> <p>PEP Prep Paper 2 - Goal setting/ Data Analysis (2 Lessons)</p> <p>1 lesson for an Exam Assessment through extended 9 mark questions. Key Assessment points – 1 every half term.</p> <p>Sports: Football/Netball/Hockey/TT/BB/Trampolining</p>	<p>PEP 7 lessons are for CA of PEP</p> <p>Paper 2 – Social-Cultural Influences (5 Lessons)</p> <p>Assessment Test.</p> <p>Sports: Football/Netball/Trampolining/TT/Fitness</p>	<p>Paper 1 – Fitness and Body Systems (2 Lessons) Injuries</p> <p>Drugs (1 lesson)</p> <p>Paper 2 - Health and Fitness Sport Psychology (5 lessons)</p> <p>Two weeks of revision lessons plus a PPE and marking. (4 lessons)</p> <p>2 lessons to link PEP and 3 lessons to revisit PEP. (5)</p> <p>Sports: Cricket/Tennis/Athletics</p>
	Autumn	Spring	Summer

<p>Year 11</p>	<p>Applied Anatomy and Physiology Paper 1: Fitness and Body Systems Skeletal System (5 Inc. test) Muscular System (3 lessons) Types of muscle fibres (1) Test (1)</p> <p>Movement Analysis – Paper 1 Levers</p> <p>Joints (1) Assessed Work Cardiovascular System (4) Respiratory System (2 Lessons)</p> <p>Exam</p> <p>Football/Netball/Hockey/TT/BB/Trampolining</p>	<p>Energy Sources: Aerobic and Anaerobic (1)</p> <p>Short and Long term effects of exercise on the body systems. (5)</p> <p>PEP questioning and data analysis (4)</p> <p>Revision (1)</p> <p>PPE (2)+ Mock (2)</p> <p>Sports: Dependent on the students 3 options</p>	<p>Revision</p>
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