



Curriculum Intent: With well-being at the heart of our PE curriculum, we ensure pupils learn from a variety of ambitious practical experiences whilst equipping them with the theory which underpins sporting excellence

YEAR:	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 10 GCSE PE	Topic 3— Components of Fitness and Fitness Testing	Topic 3—Methods of Training and Principles of Training Topic 3 - Injury Prevention and Performing Enhancing Drugs (PEDs)	Coursework: Personal Exercise (PEP)— Planning & Implementation phase	Coursework: PEP— Analysis & Evaluation phase Topic 1— The Skeletal and Muscular System	Topic 1— The Cardiovascular System and Respiratory System Topic 1 – Aerobic & Anaerobic Exercise	Topic 1—Short term effects of Exercise on the body systems Topic 3—Long Term Effects of Exercise on the body systems
Year 11 GCSE PE	T2—Movement Analysis (Levers, Planes and Axes)	Topic 4—Health, Fitness & Well-being Topic 5—Sports Psychology (Goal Setting, Skill Classification, Guidance & Feedback)		Topic 6—Factors Affecting Participation and Commercialisation in Sport	Content review and Consolidation Practical Moderation Window	Revision and exam practice Exam window = May/June
YEAR:	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 10 BTEC Tech Award in Sport	Component 1: Preparing participants to take part in sport and physical activity Assessment type: Internally assessed, externally moderated			Component 2: Taking part and improving other participants sporting performance Assessment type: Internally assessed, externally moderated		
Year 10 BTEC Tech Award in Sport	Component 3: Developing fitness to improve other participants performance in sport and physical activity Assessment type: External synoptic (Exam worth 60 marks)				Revision and exam practice Exam window = May/June	