



YEAR:	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 10 GCSE PE	Components of Fitness and Fitness Testing	Methods of Training and Principles of Training Injury Prevention and Performing Enhancing Drugs (PEDs)	Coursework: Personal Exercise (PEP)— Planning & Implementation phase	Coursework: PEP— Analysis & Evaluation phase The Skeletal and Muscular System	The Cardiovascular System and Respiratory System Aerobic & Anaerobic Exercise	Short term effects of Exercise on the body systems Long Term Effects of Exercise on the body systems
Year 11 GCSE PE	Movement Analysis (Levers, Planes and Axes)	Health, Fitness & Well-being Sports Psychology (Goal Setting, Skill Classification, Guidance & Feedback)		Factors Affecting Participation and Commercialisation in Sport	Content review and Consolidation Practical Moderation Window	Revision and exam practice Exam window = May/June
Year 10 OCR Nationals in Sport Studies	R185: Performance & Leadership in Sports Activities (Internally assessed & Externally Moderated)					
Year 11 OCR Nationals in Sport Studies	R186: Sport and the Media (Internally Assessed & Externally Moderated)		R184: Contemporary Issues in Sport (External assessment)			