



Curriculum Cohort Overview - Class of 2025

PE

Week Beg.	HT							Xmas							HT							Easter							HT													
	9th Sep	16th Sep	23rd Sep	30th Sep	7th Oct	14th Oct	4th Nov	11th Nov	18th Nov	25th Nov	2nd Dec	9th Dec	16th Dec	6th Jan	13th Jan	20th Jan	27th Jan	3rd Feb	10th Feb	24th Feb	3rd Mar	10th Mar	17th Mar	24th Mar	31st Mar	21st Apr	28th Apr	5th May	12th May	19th May	2nd Jun	9th Jun	16th Jun	23rd Jun	30th Jun	7th Jul	14th Jul	21st Jul				
YEAR 10 (Class of 2026)	Anatomy and Physiology							Anatomy and Physiology							Revision							Physical Training							GCSE PE Coursework													
	Location of bones and functions of the skeleton	Types of synovial joints and types of movement	Location of major muscle groups and the role of muscles in movement	Lever Systems	Planes of movement and Axis of Rotation	Structure and function of the Respiratory System: Pathway of Air and Gaseous Exchange	Structure and function of the Respiratory System: Mechanics of breathing and Spirometer	CardioVascular System System: Blood Vessels and Structure of Heart	CardioVascular System System: Cardiac Cycle, Cardiac output, SV and HR	Aerobic and Anaerobic exercise	EPOC and the recovery Process	Short Effects of exercise	Long Effects of exercise	Exam Preparation Paper 1	Exam Preparation Paper 1	Year 10 Exam Week	Components of fitness	Fitness Testing	Methods of Training	Principles of training	Training Thresholds and Optimising Training	Prevention of injury	Effective use of a warm-up and cool down	Health and Fitness & Quantitative and Qualitative Data	End of unit test	Evaluation of Strengths and Weakness	Analysis of Components of Fitness	Overview of Key Skills	Assess Strengths and Weakness of Skills	PPE Preparation - Paper One	PPE Preparation Paper One	PPE Preparation - Paper One	PPEs							Coursework Completion Part A	Coursework Completion Part A	CEW Week
	YEAR 11 (Class of 2025)	Sports Psychology							PPEs							Socio-cultural influences							Exam Prep							GCSE Exams												
		Classification of skill	Goal Setting SMART	Information Processing Model	Guidance and Feedback	Mental Preparation for performance: Aggression	Mental Preparation for performance: Introvert/Extrovert	PPE Preparation - Paper One	PPE Preparation - Paper One	Coursework Completion Part B	Coursework Completion Part B	Internal Practical Moderation	Engagement patterns of different social groups	Commercialisation of Sport	Technology in Sport	Ethical issues in sport - Players and Spectators	Drugs in Sport	Health Fitness and Wellbeing	Diet and nutrition	Skeletal System - Revision	Muscular System - Revision	Movement Analysis - Revision	Cardiovascular - Revision	Respiratory System Revision	Components of Fitness - Revision	Precision Planning	Precision Planning	GCSE Exams														