

Curriculum Cohort Overview - Class of 2025

PE

YEAR 10 (Class of 2026)		YEAR 11 (Class of 2025)	
Week Beg.	Data Entry Deadlines	Week Beg.	Data Entry Deadlines
2-Sep	Introduction to Sport Science	2-Sep	Factors when designing a training programme
9-Sep	Healthy Balanced Diet	9-Sep	Planning a fitness based training programme
16-Sep	Healthy Balanced Diet	16-Sep	Recording and Completing Results
23-Sep	Topic Area 1 - Nutrients Healthy Diet - Assessment	23-Sep	Topic Area 3 - Fitness Training Programme
30-Sep	Topic Area 1 - Nutrients Healthy Diet - Assessment	30-Sep	Topic Area 3 - Fitness Training Programme
7-Oct	Sporting Dietary Requirements	7-Oct	Topic Area 3 - Fitness Training Programme
14-Oct	Sporting Dietary Requirements	14-Oct	Evolution of fitness training plan
HT		HT	
4-Nov	Topic Area 2 - Dietary Requirements - Assessment	4-Nov	Topic Area 4 - Evaluate Performance - Assessment
11-Nov	Topic Area 2 - Dietary Requirements - Assessment	11-Nov	Topic Area 4 - Evaluate Performance - Assessment
18-Nov	Develop Dietary Plan	18-Nov	PPES
25-Nov	Develop Dietary Plan	25-Nov	
2-Dec	Topic Area 3 - Sport Nutrition Plan - Assessment	2-Dec	
9-Dec	Topic Area 3 - Sport Nutrition Plan - Assessment	9-Dec	
16-Dec	Nutritional Behaviours	16-Dec	Dedicated Improvement Time - Principles of Training
Xmas		PS1	
6-Jan	Nutritional Behaviours	6-Jan	Introduction to Sports Injuries
13-Jan	Topic Area 4 - Nutritional Behaviours - Assessment	13-Jan	Intrinsic and Extrinsic Factors
20-Jan	Exam Week	20-Jan	Warm U/Cool D and Types of Injuries
27-Jan	Topic Area 4 - Nutritional Behaviours - Assessment	27-Jan	Reducing Risk, Treatment and Rehabilitation
3-Feb	Dedicated Improvement Time - Nutrition	3-Feb	Causes/Symptoms
10-Feb	Dedicated Improvement Time - Nutrition	10-Feb	Treatment/Medical Conditions
HT		HT	
24-Feb	Components of Fitness/Fitness Testing	24-Feb	Reteach - Intrinsic and Extrinsic Factors
3-Mar	Interpretation and Strengths	3-Mar	Reteach - Warm U/Cool D and Types of Injuries
10-Mar	Devise and complete skill based fitness testing	10-Mar	Prompted PPES
17-Mar	Completion of own tests	17-Mar	Reteach - Causes/Symptoms
24-Mar	Topic Area 1 - Components of Fitness Applied - Assessment	24-Mar	Reteach - Treatment/Medical Conditions
31-Mar	Topic Area 1 - Components of Fitness Applied - Assessment	31-Mar	Precision Planning - Individual Revision
Easter		Easter	
21-Apr	Principles of Training in Sport	21-Apr	Precision Planning - Individual Revision
28-Apr	Methods of Training	28-Apr	Precision Planning - Individual Revision
5-May	Anaerobic v Aerobic	5-May	GCSE Exams
12-May	Topic Area 2 - Principles of Training in Sport - Assessment	###	
19-May	Topic Area 2 - Principles of Training in Sport - Assessment	###	
HT		HT	
2-Jun	Dedicated Improvement Time - Principles of Training	2-Jun	GCSE Exams
9-Jun	Dedicated Improvement Time - Principles of Training	9-Jun	
16-Jun	PPES	16-Jun	
23-Jun	Dedicated Improvement Time - Principles of Training	23-Jun	
30-Jun	Dedicated Improvement Time - Principles of Training	30-Jun	
7-Jul	Dedicated Improvement Time - Principles of Training	7-Jul	
14-Jul	Dedicated Improvement Time - Principles of Training	14-Jul	
21-Jul	CEW Week	21-Jul	