

## GCSE 9-1 PE – 2 Year Key Stage 4

### Year 10

#### Theory

Date	Component	Topic	Recall Topic / Interleaving	Links to KS3 Core PE
September – December	Component 1: Fitness and Body Systems	Topic 1: Applied anatomy & physiology		Year 8 Core PE – Muscular and skeletal systems  Year 9 Core PE – Cardiovascular and respiratory systems
January – Easter*	Component 1: Fitness and Body System	Topic 3: Physical training	Anatomy & Physiology	Year 7 Core PE – Effective use of warm-up and cool-down and Components of fitness
* to include 2.2 Goal setting & SMART targets	Component 2: Health and Performance	Topic 2.2: Goal setting & SMART targets		
April – June	Component 4: PEP	Personal Exercise Programme <ul style="list-style-type: none"> <li>• <i>Complete, mark and internal moderation.</i></li> <li>• <i>Practical &amp; 4 weeks to write-up.</i></li> <li>• <i>Grades on Tracker /20 (overview tab)</i></li> </ul>		
June – July	Component 1: Fitness and Body Systems	Topic 2: Movement analysis	Physical Training	
Flipped Learning – Summer Holidays	Component 2: Health and Performance	Topic 1: Health, fitness and well-being		

#### Mock exam

- Revision Year 1 work - Mock Exam – Component 1: Fitness and Body Systems – 1 hour.  
GRIT / review mock / Walking Talking Mock  
**Date TBC**

#### Practical

- Initial ideas for 3 practical sports to be added to Tracker. Request grades from other staff / coaches as necessary.
- 2 Sports per term / PEP completion / Athletics/Tennis/Cricket – Summer.
- Video evidence as a priority.

#### Enrichment Opportunities

- Bath University – Spring Term Year 10
- Exeter University – Summer Term Year 10
- Offer opportunity to boost practical grades – Climbing, Kelly College, Orienteering
- Chiefs / Gym / Somerset Cricket Club / Honiton Golf Club – experience fitness testing and PEP planning

### Year 11

#### Theory

Date	Component	Topic	Recall Topic / Interleaving	Links to KS3 Core PE
September – October	Component 2: Health and Performance	Topic 1: Health, fitness and well-being	Movement Analysis	
November – December	Component 2: Health and Performance	Topic 2: Sport psychology	Anatomy & Physiology	
January – February	Component 2: Health and Performance	Topic 3: Socio-cultural influences	Health, fitness and well-being	
February half-term – Easter	Revision	Challenge HWK sheet Practice Qs		

#### Mock exam

- Revision Year 1 & 2 – Mock Exams (November/December) **Date TBC**  
x3 lessons prior to mock – revision technique and paper overview

Component 1: Fitness and Body Systems – 1 hour 30 minutes

Component 2: Health and Performance – 1 hour 15 minutes

- GRIT / review mocks / Walking Talking Mock  
January – Feb ½ term **Date TBC**

#### **Practical**

- Final practical assessments (including off-site activities) finalised on Tracker (by October half-term at latest)

#### **Careers input**

- PE Highly Able students identified. Coaching pathways, competitions, scouting and career options discussed
- Coaching and leadership – potential careers in fitness, sport and leisure industry
- Links to top athletes and a career as a professional sports person
- Jobs and roles linked to the LED centre staff
- Careers in teaching and education in sport
- Sports officials, especially judges in the aesthetic sports