

Autumn First half term	Autumn Second Half term	Spring First half term	Spring Second Half term	Summer First half term	Summer Second Half term
2024-2025					
<p>Topic / Key Question: Component 1</p> <p>1.2 The structure and functions of the cardiorespiratory system</p> <p>Component 1</p> <p>1.1 The structure and functions of the musculoskeletal system</p> <p>Component 3- practical Table Tennis and Trampolining</p>	<p>Topic / Key Question: Component 1</p> <p>1.3 Anaerobic and aerobic exercise</p> <p>1.4 The short term effects of exercise</p> <p>Component 1</p> <p>2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement</p> <p>2.2 Planes and axes of movement</p> <p>1.3 Energy use, diet, nutrition and hydration</p>	<p>Topic / Key Question: Component 1</p> <p>3.1 The relationship between health and fitness and the role that exercise plays in both</p> <p>3.2 The components of fitness, benefits for sport and how fitness is measured and improved</p> <p>Component 3- practical</p> <p>Handball</p>	<p>Topic / Key Question: Component 1</p> <p>3.3 The principles of training and their application to personal exercise/ training programmes</p> <p>3.4 The long-term effects of exercise</p> <p>Component 3- practical</p> <p>Climbing/ trampolining</p>	<p>Topic / Key Question: Component 4 PEP initial testing</p> <p>Component 2</p> <p>2.2 The use of goal setting and SMART targets to improve</p>	<p>Topic / Key Question: Component 4 PEP</p> <p>Write up</p>

	Component 3- practical Netball				
2025-2026					
Autumn First half term 2025	Autumn Second Half term	Spring First half term	Spring Second Half term	Summer First half term	Summer Second Half term
<p>Topic / Key Question: Component 2</p> <p>2.1 Classification of skills (basic/ complex, open/closed)</p> <p>2.2 covered prior to PEP</p> <p>2.3 Guidance and feedback on performance</p> <p>2.4 Mental preparation for performance</p>	<p>Topic / Key Question: Component 1</p> <p>2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement</p> <p>2.2 Planes and axes of movement</p>	<p>Topic / Key Question: Component 1</p> <p>3.5 How to optimise training and prevent injury</p> <p>3.6 Effective use of warm up and cool down</p> <p>4.1 Use of data and/or optimise performance</p>	<p>Topic / Key Question: Component</p>	<p>Topic / Key Question: Component 1</p>	<p>Topic / Key Question: Component 1</p>

<p>3.1 Engagement patterns of different social groups in physical activity and sport</p> <p>3.2 Commercialisation of physical activity and sport</p> <p>3.3 Ethical and socio-cultural issues in physical activity and sport</p> <p>4.1 Use of data</p>	<p>2.1 Classification of skills (basic/ complex, open/closed)</p> <p>2.2 covered in PEP</p> <p>2.3 Guidance and feedback on performance</p> <p>2.4 Mental preparation for performance</p>				
<p>Home-learning project:</p> <ul style="list-style-type: none"> ● Knowledge (flipped learning) <p>Zig Zag learning worksheets</p> <p>Exam practice workbook</p> <ul style="list-style-type: none"> ● Skills 	<p>Home-learning project:</p> <ul style="list-style-type: none"> ● Knowledge (flipped learning) <p>Zig Zag learning worksheets</p> <p>Exam practice workbook</p> <ul style="list-style-type: none"> ● Skills 	<p>Home-learning project:</p> <ul style="list-style-type: none"> ● Knowledge (flipped learning) <p>Zig Zag learning worksheets</p> <p>Exam practice workbook</p> <ul style="list-style-type: none"> ● Skills 	<p>Home-learning project:</p> <ul style="list-style-type: none"> ● Knowledge (flipped learning) <p>Zig Zag learning worksheets</p> <p>Exam practice workbook</p> <ul style="list-style-type: none"> ● Skills 	<p>Home-learning project:</p> <ul style="list-style-type: none"> ● Knowledge (flipped learning) <p>Zig Zag learning worksheets</p> <p>Exam practice workbook</p> <ul style="list-style-type: none"> ● Skills 	<p>Home-learning project:</p> <ul style="list-style-type: none"> ● Knowledge (flipped learning) <p>Zig Zag learning worksheets</p> <p>Exam practice workbook</p>

Independent learners, research skills, extended writing	<ul style="list-style-type: none"> • Independent learners, research skills, extended writing 	<ul style="list-style-type: none"> • Independent learners, research skills, extended writing 	<ul style="list-style-type: none"> • Independent learners, research skills, extended writing 	<ul style="list-style-type: none"> • Independent learners, research skills, extended writing 	<ul style="list-style-type: none"> • Skills Independent learners, research skills, extended writing
End of term assessment to cover: C1 1.1,1.2,1.3, 1.4 C2 1.1,1.2, 1.3		End of term assessment to cover: C1 3.1, 3.2 , 3.3, 3.4		End of year assessment to cover: Components C1 1.1,1.2,1.3, 1.4, 3.1, 3.2 , 3.3, 3.4 C2 1.1,1.2, 1.3, 2.2	
Building understanding: Rationale / breakdown for your sequence of lessons: This allows topics to be revisited at a later date to ensure that pupils get retaught the areas which historically they have found more troublesome, Cardiovascular system, Respiratory system and Levers.	Building understanding: Rationale / breakdown for your sequence of lessons: This topic is synoptic in nature and draws on all areas of the course. It is included at the end of the course as it requires in-depth knowledge and a	Building understanding: Rationale / breakdown for your sequence of lessons: Practical moderation can only take place in the final year and during the window Feb to May 2026. Throughout the year pupils will focus on different sports/activities in	Building understanding: Rationale / breakdown for your sequence of lessons: Finishing the content by Spring 1 will allow pupils to highlight the key areas where they feel their subject knowledge is lacking. Pupils will be spending time answering questions and doing class revision techniques in preparation for their exams. Pupils in Y10 will start their PEP coursework, topics 3.2,3.3 and 2.2 help to ensure their knowledge is appropriated to complete this.		

	good ability to research and source examples.	their practical lessons			
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					extended writing
Reading / literacy:	Reading / literacy:	Reading / literacy:	Reading / literacy:	Reading / literacy:	Reading / literacy:
Numeracy:	Numeracy:	Numeracy:	Numeracy:	Numeracy:	Numeracy:
External visitors: Fitness providers, possible visits to universities.					
Enrichment: GCSE PE support clubs, Sports teams and clubs throughout the year					