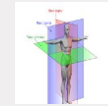
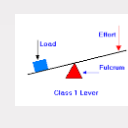
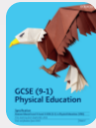


GCSE PE-Pearson Edexcel



Key Stage 4

Year 10

Introduction to the course

Netball

Rugby

1.3 Anaerobic and Aerobic exercise

2.1 Lever systems

Table Tennis

2.2 Planes and axes of movement

Hockey

Football

3.3 Introduction to PEP

Athletics

Applied Anatomy and Physiology

Movement Analysis

Physical Training

1.1 Skeletal and Muscular System

1.2 Cardiovascular and respiratory system

Badminton

3.1 Health, Fitness and exercise

3.3 Principles of training

Year 11

PEP coursework

1.1 Physical, emotional and social health

1.2.3. Sedentary lifestyles and diet

Fitness tests and 6 week training

PEP completed

Health, Fitness and Well-being

Revisit chosen sports



2.1.2. Classification of skills and target setting

2.3 Guidance and Feedback

3.1,2,3 Engagement patterns and commercialisation in sport

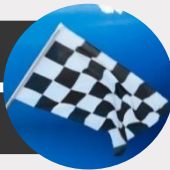
Practical Moderation

Class revision

Sports Psychology

Social-cultural influences

Final Exam



See SOW for PE specific knowledge



See Core PE Overview and SOW for Character Education/Personal Development



See Core PE Overview and SOW for specific skills, techniques and tactics