

Year 9

Unit 1: The Structure and Function of the Skeletal System. Practical: Netball/handball

Unit 2: The Structure and Function of the Muscular System. Practical: athletics

Unit 3: The Structure and Function of the Cardiovascular System. Practical: Netball/handball

Unit 4: The Structure and Function of the Respiratory System. Practical: Badminton/TT

Unit 5: Aerobic and Anaerobic Exercise. Practical: Badminton/TT

Unit 6: The Short and Long-term effects of exercise.

Unit 7: Movement Analysis. Practical: Badminton/tramp.

Unit 8: Health, fitness and exercise

Unit 9: Components of fitness, Fitness tests, Methods of training and principles of training.

Unit 10: Optimising training and preventing injuries. Practical: fitness/athletics

Assessment 1: Unit of unit test

Assessment 2: End of unit test

Assessment 3: End of unit assessment + Practical

Assessment 4: Unit of unit test

Assessment 5: End of unit test + Practical assessment

Assessment 6: End of year mocks

Coursework Starts- PEP (Personal Exercise Programme)

Coursework due in- PEP (Personal Exercise Programme)

Year 10

Unit 1: Physical, emotional, social health and wellbeing. Practical: netball/handball

Unit 2: Sedentary Lifestyles

Unit 6: Diet and nutrition

Unit 7: Classification of Skills

Unit 8: Goal Setting

Unit 9: Guidance and Feedback. Practical: badminton

Unit 10: Mental Preparation

Unit 11: Engagement patterns of different social groups

Unit 12: Commercialisation

Unit 13: Ethical and Socio-cultural issues

Assessment 7: November Mocks 2x exams and Practical

Assessment 8: March Mocks 2x exams, Practical and PEP scores

GCSE Practical Assessment

Revision

GCSE Exams

Year 11

Resilience

Kindness

Respect

Curiosity

Collaboration

Endeavour

Endeavour