MTA: Theory Mon 1 / Thurs 5
MTA & MCA: Practical Thurs 4

Class: 10E GCSE PE																
							APPLICATION TIME	Half Term				Whole School Assessments				Christmas Break
Term 1:	WK 1 (3 days)	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7 (4 day)		WK 8	WK 9	WK 10	WK 11	WK 12	WK 13	WK 14	
	01/09/2025	08/09/2025	15/09/2025	22/09/2025	29/09/2025	06/10/2025	13/10/2025		03/11/2025	10/11/2025	17/11/2025	24/11/2025	01/12/2025	08/12/2025	15/12/2025	
Theory	Intro to GCSE PE	Musculoskeletal System							Cardiorespiratory System					Year 10 Assessment, LIFT & Buffer		
Practical	Badminton: Sports Hall								Trampolining: Gym							

			APPLICATION TIME		APPLICATION TIME										
	DC1		Finals				Half Term			APPLICATION TIME			Easter Break		
Term 2:	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6		WK 7 (4 days)	WK 8	WK 9	WK 10	WK 11			
	05/01/2026	12/01/2026	19/01/2026	26/01/2026	02/02/2026	09/02/2026		23/02/2026	02/03/2026	09/03/2026	16/03/2026	23/03/2026			
Theory	Aerobic & Anaerobic Respiration		Effects of Exercise	Lever Systems	Planes & Axes	Components of Fitness		Components of Fitness			Principles of Training				
Practical	Trampolining: Gym							Netball: Netball Courts							

										Whole School Assessments					
		APPLICATION TIME			APPLICATION TIME		Half Term					EFFORT GRADES		DC2	
Term 3:	WK 1	WK 2	WK 3	WK 4 (4 day)	WK 5	WK 6		WK 7	WK 8	WK 9	WK 10	WK 11	WK 12	WK 13	WK 14
	13/04/2026	20/04/2026	27/04/2026	04/05/2026	11/05/2026	18/05/2026		01/06/2026	08/06/2026	15/06/2026	22/06/2026	29/06/2026	06/07/2026	13/07/2026	20/07/2026
Theory	Principles of Training		Optimise Training		Warming up & Cooling Down	Paper 1 Review		NEA Section A (coursework)							
Practical	Netball: Netball Courts							Handball & Football: Netball Courts & Field							
			GCSE Exams												