

Y10 GCSE PE																Final week of half term		Half Term				Christmas Break			
Term 1:	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10	WK 11	WK 12	WK 13	WK 14	WK 15	WK 16	WK 17	WK 18							
Theory Scheme of Work:	Musculoskeletal System						Cardiorespiratory System					Cardiorespiratory System cont.			Y10 In class exam, LIFT & buffer lessons										
Practical Scheme of Work:	Badminton						Lesson 11 & 12 Buffer		Badminton				Football												
									Badminton assessment				Lesson 9 & 10 Buffer		Buffer lessons for in class exam, LIFT & revisit specific topics										
													Y10 In Class		Finals										
													Easter Break												
Term 2:	WK 19	WK 20	WK 21	WK 22	WK 23	WK 24	WK 25	WK 26	WK 27	WK 28	WK 29	WK 30	WK 31	WK 32											
Theory Scheme of Work:	Aerobic & anaerobic respiration		Effects of Exercise	Lever Systems	Planes and Axes	Components of Fitness				Principles of Training															
Practical Scheme of Work:	Football				Netball																				
					Half term buffer						Lesson 7 & 8 Buffer														
					Football assessment																				
Term 3:	WK 33	WK 34	WK 35	WK 36	WK 37	WK 38	WK 39	WK 40	WK 41	WK 42	WK 43	WK 44	WK 45	WK 46	WK 47										
Theory Scheme of Work:	Principles of Training		Optimise Training		Warming Up & Cooling Down	Paper 1 Review	NEA Section A																		
Practical Scheme of Work:	Netball		Netball		Handball		Handball																		
	Lesson 7 & 8 Buffer																								
							Y10 Exams																		
	GCSE Exams																								