

## Subject Overview 2019-2020

Y9: Theory Thurs P4 Fri P2 Practical Fri P4

## Subject Overview 2019-2020

Y10: Theory Mon P3 Tues P2 Practical Wed P3

## Subject Overview 2019-2020

Y11: Theory Mon P4 Tues P1 Practical Tues P5

Year 9 Overview													GCSE PE	
Week 1: 26/08/19-30/08/2019	Week 2: 02/09/19-06/09/19	Week 3: 09/09/19-13/09/19	Week 4: 16/09/19-20/09/19	Week 5: 23/09/19-27/09/19	Week 6: 30/09/19-04/10/19	Week 7: 07/10/19-11/10/19	Week 8: 14/10/19-18/10/19	Week 9: 04/11/19-08/11/19	Week 10: 11/11/19-15/11/19	Week 11: 18/11/19-22/11/19	Week 12: 25/11/19-29/11/19	Week 13: 02/12/19-06/12/19		
Cycle 1	Musculoskeletal System	Musculoskeletal System	Musculoskeletal System LIFT	Musculoskeletal System	Musculoskeletal System	Musculoskeletal System LIFT	Cardiorespiratory System	Cardiorespiratory System	Cardiorespiratory System LIFT	Cardiorespiratory System	Cardiorespiratory System	DC1 Exam	DC1 LIFT	data entry and gap fill
	Practical: Rugby Union	Practical: Rugby Union	Practical: Rugby Union	Practical: Rugby Union	Practical: Rugby Union	Practical: Rugby Union	Practical: Rugby Union	Practical: Rugby Union	Practical: Rugby Union	Practical: Rugby Union	Practical: Rugby Union	Practical: Rugby Union	Practical: Rugby Union	
Week 1** 09/12/19-13/12/19	Week 2** 16/12/19-20/12/19	Week 3: 06/01/20-10/01/20	Week 4: 13/01/20-17/01/20	Week 5: 20/01/20-24/01/20	Week 6: 27/01/20-31/01/20	Week 7: 03/02/20-07/02/20	Week 8: 10/02/20-14/02/20	Week 9: 24/02/20-28/02/20	Week 10: 02/03/20-06/03/20	Week 11: 09/03/20-13/03/20	Week 12** 16/03/20-20/03/20	Week 13: 23/03/20-27/03/20		
Cycle 2	Aerobic & Anaerobic Respiration	Aerobic & Anaerobic Respiration	Effects of Exercise	Respiration & Effects of Exercise LIFT	Lever Systems	Planes and Axes	Lever Systems & Planes and Axes LIFT	Components of Fitness	Components of Fitness	Components of Fitness	Components of Fitness LIFT	DC2 Exam	DC2 LIFT	data entry and gap fill
	Practical: Rugby Union	Practical: Trampolining/Football	Practical: Trampolining/Football	Practical: Trampolining/Football	Practical: Trampolining/Football	Practical: Trampolining/Football	Practical: Trampolining/Football	Practical: Trampolining/Football	Practical: Trampolining/Football	Practical: Trampolining/Football	Practical: Trampolining/Football	Practical: Trampolining/Football	Practical: Trampolining/Football	
Week 1: 30/03/20-03/04/20	Week 2: 20/04/20-24/04/20	Week 3: 27/04/20-01/05/20	Week 4: 04/05/20-08/05/20	Week 5: 11/05/20-15/05/20	Week 6: 18/05/20-22/05/20	Week 7: 01/06/20-05/06/20	Week 8: 08/06/20-12/06/20	Week 9: 15/06/20-19/06/20	Week 10: 22/06/20-26/06/20	Week 11: 29/06/20-03/07/20	Week 12** 06/07/20-10/07/20	Week 13: 13/07/20-17/07/20		
Cycle 3	Principles of Training	Principles of Training	Principles of Training	Principles of Training LIFT	Optimise Training	Optimise Training	Warming Up & Cooling Down	Data LIFT	NEA Coursework Section A	NEA Coursework Section A	NEA Coursework Section A	NEA Coursework Section A	NEA Coursework Section A LIFT	data entry and gap fill
	Practical: Netball/Basketball	Practical: Netball/Basketball	Practical: Netball/Basketball	Practical: Netball/Basketball	Practical: Netball/Basketball	Practical: Netball/Basketball	Practical: Netball/Basketball	Practical: Netball/Basketball	Practical: Netball/Basketball	Practical: Netball/Basketball	Practical: Netball/Basketball	Practical: Netball/Basketball	Practical: Netball/Basketball	

Year 10 Overview													GCSE PE	
Week 1: 26/08/19-30/08/2019	Week 2: 02/09/19-06/09/19	Week 3: 09/09/19-13/09/19	Week 4: 16/09/19-20/09/19	Week 5: 23/09/19-27/09/19	Week 6: 30/09/19-04/10/19	Week 7: 07/10/19-11/10/19	Week 8: 14/10/19-18/10/19	Week 9: 04/11/19-08/11/19	Week 10: 11/11/19-15/11/19	Week 11: 18/11/19-22/11/19	Week 12: 25/11/19-29/11/19	Week 13: 02/12/19-06/12/19		
Cycle 1	Skill Classification	Types of Goals and Goal Setting	Basic Information Processing Model	LIFT: Paper 2	Guidance and Feedback	Arousal and Stress Management Techniques	Direct Aggression and Personality Types	Intrinsic and Extrinsic Motivation	LIFT: Paper 2	Preparation for DC1 Exam	DC1 Exam	DC1 LIFT	Engagement Patterns	data entry and gap fill
	Practical: Rugby Union/Netball	Practical: Rugby Union/Netball	Practical: Rugby Union/Netball	Practical: Rugby Union/Netball	Practical: Rugby Union/Netball	Practical: Rugby Union/Netball	Practical: Rugby Union/Netball	Practical: Boxing	Practical: Boxing	Practical: Boxing	Practical: Boxing	Practical: Boxing	Practical: Boxing	
Week 1: 09/12/19-13/12/19	Week 2: 16/12/19-20/12/19	Week 3: 06/01/20-10/01/20	Week 4: 13/01/20-17/01/20	Week 5: 20/01/20-24/01/20	Week 6: 27/01/20-31/01/20	Week 7: 03/02/20-07/02/20	Week 8: 10/02/20-14/02/20	Week 9: 24/02/20-28/02/20	Week 10: 02/03/20-06/03/20	Week 11: 09/03/20-13/03/20	Week 12** 16/03/20-20/03/20	Week 13: 23/03/20-27/03/20		
Cycle 2	Engagement Patterns	Commercialisation	Commercialisation	Commercialisation	LIFT: Paper 2	Ethical and Socio-Cultural Issues	Ethical and Socio-Cultural Issues	Ethical and Socio-Cultural Issues	Ethical and Socio-Cultural Issues	LIFT: Paper 2	Preparation for DC2 Exam	DC2 Exam	DC2 LIFT	data entry and gap fill
	Practical: Football/Netball	Practical: Boxing	Practical: Boxing	Practical: Boxing	Practical: Boxing	Practical: Boxing	Practical: Boxing	Practical: Boxing	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	
Week 1: 30/03/20-03/04/20	Week 2: 20/04/20-24/04/20	Week 3: 27/04/20-01/05/20	Week 4: 04/05/20-08/05/20	Week 5: 11/05/20-15/05/20	Week 6: 18/05/20-22/05/20	Week 7: 01/06/20-05/06/20	Week 8: 08/06/20-12/06/20	Week 9: 15/06/20-19/06/20	Week 10: 22/06/20-26/06/20	Week 11: 29/06/20-03/07/20	Week 12** 06/07/20-10/07/20	Week 13: 13/07/20-17/07/20		
Cycle 3	Preparation for Y10 Exam	Preparation for Y10 Exam	Preparation for Y10 Exam	Preparation for Y10 Exam	Physical, Mental and Social Health and Well-Being	Consequences of a Sedentary Lifestyle	Consequences of a Sedentary Lifestyle	Energy Use, Diet and Nutrition	Energy Use, Diet and Nutrition LIFT	NEA Coursework Section B	NEA Coursework Section B	NEA Coursework Section B	NEA Coursework Section B LIFT	data entry and gap fill
	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	
			Y10 Exams											

Year 11 Overview													GCSE PE	
Week 1: 26/08/19-30/08/2019	Week 2: 02/09/19-06/09/19	Week 3: 09/09/19-13/09/19	Week 4: 16/09/19-20/09/19	Week 5: 23/09/19-27/09/19	Week 6: 30/09/19-04/10/19	Week 7: 07/10/19-11/10/19	Week 8: 14/10/19-18/10/19	Week 9: 04/11/19-08/11/19	Week 10: 11/11/19-15/11/19	Week 11: 18/11/19-22/11/19	Week 12: 25/11/19-29/11/19	Week 13: 02/12/19-06/12/19		
Cycle 1	Mon: NEA: Coursework Section B	Mon: NEA: Coursework Section B	Mon: NEA: Coursework Section B	Mon: NEA: Coursework Section B LIFT	Lever System	Planes and Axes LIFT	Mon: Paper 1 Revision	Mon: Paper 1 Revision	Mon: Paper 1 Revision	Mon: Cardiorespiratory System	Mon: Cardiorespiratory System	Mon: Cardiorespiratory System	Mon: Cardiorespiratory System	
	Tues: Musculoskeletal System	Tues: Musculoskeletal System	Tues: Musculoskeletal System	Tues: Musculoskeletal System	Tues: Musculoskeletal System	Tues: Musculoskeletal System	Tues: Paper 2 Revision	Tues: Paper 2 Revision	Tues: Paper 2 Revision	Tues: Skill Classification	Tues: Skill Classification	Tues: Goal Setting & SMART	Tues: Basic Information Processing Model	
	Practical: Netball/Football	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	Practical: Football/Netball	Practical: Climbing/Boxing	Practical: Climbing/Boxing	Practical: Climbing/Boxing	Practical: Climbing/Boxing	Practical: Climbing/Boxing	
							DC1 & gaps				Finals #1			
Week 1: 09/12/19-13/12/19	Week 2: 16/12/19-20/12/19	Week 3: 06/01/20-10/01/20	Week 4: 13/01/20-17/01/20	Week 5: 20/01/20-24/01/20	Week 6: 27/01/20-31/01/20	Week 7: 03/02/20-07/02/20	Week 8: 10/02/20-14/02/20	Week 9: 24/02/20-28/02/20	Week 10: 02/03/20-06/03/20	Week 11: 09/03/20-13/03/20	Week 12: 16/03/20-20/03/20	Week 13: 23/03/20-27/03/20		
Cycle 2	Mon: LIFT Paper 1	Mon: Aerobic and Anaerobic Exercise	Mon: Effects of Exercise	Mon: Health and Fitness	Mon: Components of Fitness	Mon: Components of Fitness LIFT	Mon: Paper 1 Revision	Mon: Paper 1 Revision	Mon: Principles of Training and Training Methods	Mon: Principles of Training and Training Methods	Mon: Optimise Training and Prevent Injury	Mon: Warm up and Cool down Use of Data	Mon: LIFT Paper 1	
	Tues: LIFT Paper 2	Tues: Guidance and Feedback	Tues: Arousal and Stress Management Techniques	Tues: Indirect and Direct Aggression Personality Types	Tues: Intrinsic and Extrinsic Motivation	Tues: Engagement Patterns LIFT	Tues: Paper 2 Revision	Tues: Paper 2 Revision	Tues: Commercialisation	Tues: Ethical & Socio Cultural Issues	Tues: Health, Fitness and Well-Being	Tues: Consequences of a Sedentary Lifestyle	Tues: LIFT Paper 2	
	Practical: Climbing/Boxing	Practical: Climbing/Boxing	Practical: Climbing/Boxing	Practical: Climbing/Boxing	Practical: Climbing/Boxing	Practical: Climbing/Boxing	Practical: Climbing/Boxing	Practical: Climbing/Boxing	Tues: Commercialisation	Tues: Ethical & Socio Cultural Issues	Tues: Health, Fitness and Well-Being	Tues: Energy use, diet, nutrition & hydration	Catch up Lesson	
	DC2 & gaps										DC3 & gaps			
Week 1: 30/03/20-03/04/20	Week 2: 20/04/20-24/04/20	Week 3: 27/04/20-01/05/20	Week 4: 04/05/20-08/05/20	Week 5: 11/05/20-15/05/20	Week 6: 18/05/20-22/05/20	Week 7: 01/06/20-05/06/20	Week 8: 08/06/20-12/06/20	Week 9: 15/06/20-19/06/20	Week 10: 22/06/20-26/06/20	Week 11: 29/06/20-03/07/20	Week 12** 06/07/20-10/07/20	Week 13: 13/07/20-17/07/20		
Cycle 3	Mon Paper 1 LAQ's	Mon Paper 1 LAQ's	Mon Paper 1 LAQ's	Mon Paper 1 LAQ's	Mon Paper 1 LAQ's	Paper 1: Wednesday 13th May	Paper 2: Friday 15th May							
	Tues: Paper 2 LAQ's	Tues: Paper 2 LAQ's	Tues: Paper 2 LAQ's	Tues: Paper 2 LAQ's	Tues: Paper 2 LAQ's									
	General Revision	General Revision	General Revision	General Revision										

* = formative assessments
** = summative assessments/exams
L.I.F.T = Learning, Improvement and Feedback Time