



# GCSE PE Learning Journey



Paper 1: Data  
 Paper 2: Sedentary lifestyles  
 Paper 2: Energy use, nutrition & diet

**Predicted grades**

**DC3 Assessment**

**DC2 Assessment**

**Exam**

Paper 1: Warming up & cooling down  
 Paper 2: Physical, mental & social wellbeing

Paper 1: Components of fitness  
 Paper 1: Principles of training  
 Paper 1: Optimise training & prevent injury  
 Paper 2: Conduct of performers

**Exam**

Paper 1: Anaerobic & aerobic exercise  
 Paper 1: Effects of exercise  
 Paper 1: Lever systems  
 Paper 1: Planes & axes  
 Paper 1: Health & fitness  
 Paper 2: Commercialisation

Paper 1: Cardiorespiratory System  
 Paper 2: Engagement patterns



Paper 1: Principles of training  
 Paper 2: Physical, mental & social wellbeing  
 Paper 2: Sedentary lifestyle

**DC2 Assessment**



Basketball



Netball  
 Rugby union

YEAR  
**11**

Paper 1: Optimise training & prevent injury  
 Paper 1: Warming up & cooling down  
 Paper 1: Data  
 Paper 2: Energy use, nutrition & diet

**Exam**

**Section B NEA**

Paper 2: Classification of skills  
 Paper 2: Goal setting & SMART  
 Paper 2: Information processing model  
 Paper 2: Guidance & feedback

**DC1 Assessment**

Paper 1: Musculoskeletal System  
 Paper 2: Mental preparation for sport

Paper 1: Planes and axes  
 Paper 1: Health & fitness  
 Paper 1: Components of fitness  
 Paper 2: Conduct of performers



Football



Badminton

**DC1 Assessment**

Rugby Union



Netball



YEAR  
**10**

Paper 1: Anaerobic & aerobic exercise  
 Paper 1: Effects of exercise  
 Paper 1: Lever systems  
 Paper 2: Commercialisation

Paper 1: Cardiorespiratory system  
 Paper 2: Mental preparation for sport  
 Paper 2: Engagement patterns

Paper 1: Musculoskeletal System  
 Paper 2: Classification of skills  
 Paper 2: Goal setting & SMART  
 Paper 2: Information processing model  
 Paper 2: Guidance & feedback