

**Year 10 Overview: GCSE PE**

**L6: Theory: Monday 1 Monday 2**  
**L6: MTA: Practical: Thursday 1**



<b>Term 1: Theory</b>	week commencing: 11/09/2020 Mon P1: Principles of Training Mon P2: P1 Interleaving Quiz 1	week commencing: 09/09/2020 Mon P1: Principles of Training Mon P2: P1 Interleaving Quiz 2	week commencing: 14/09/2020 Mon P1: Principles of Training Mon P2: P1 Interleaving Quiz 3	week commencing: 21/09/2020 Mon P1: How to Optimize Training and Prevent Injury Mon P2: P1 Interleaving Quiz 4	week commencing: 28/09/2020 Mon P1: How to Optimize Training and Prevent Injury Mon P2: P1 Interleaving Quiz 5	week commencing: 05/10/2020 Mon P1: Warming Up and Cooling Down Mon P2: P1 Interleaving Quiz 6	week commencing: 12/10/2020 Mon P1: Use of Data Mon P2: LIFT	<b>Half Term</b>	week commencing: 02/11/2020 Mon P1: Classification of Skills Mon P2: P1 Interleaving Quiz 7	week commencing: 09/11/2020 Mon P1: Goal Setting and SMART target Mon P2: P1 Interleaving Quiz 8	week commencing: 16/11/2020 Mon P1: Information Processing Mon P2: P1 Interleaving Quiz 9	week commencing: 23/11/2020 Mon P1: Guidance and Feedback Mon P2: P1 Interleaving Quiz 10	week commencing: 30/11/2020 Mon P1: Guidance and Feedback Mon P2: P1 Interleaving Quiz 11	week commencing: 07/12/2020 Mon P1: Mental Preparation for Performance Mon P2: LIFT	week commencing: 14/12/2020 Mon P1: Mental Preparation for Performance Mon P2: Mental Preparation for Performance	<b>Christmas</b>			
<b>Assess 1.1</b>															<b>LIFT</b>				
<b>Term 1: Practical</b>	NEA Section A Coursework	NEA Section A Coursework	NEA Section A Coursework	NEA Section A Coursework	NEA Section A Coursework	NEA Section A Coursework	NEA Section A Coursework												
<b>Term 2: Theory</b>	week commencing: 04/01/2021 Mon P1: Mental Preparation for Performance Mon P2: Mental Preparation for Performance	week commencing: 11/01/2021 Mon P1: Engagement Patterns Mon P2: Engagement Patterns	week commencing: 18/01/2021 Mon P1: Engagement Patterns Mon P2: Commercialisation	week commencing: 25/01/2021 Mon P1: Commercialisation Mon P2: Commercialisation	week commencing: 01/02/2021 Mon P1: Commercialisation Mon P2: LIFT	week commencing: 08/02/2021 Mon P1: Commercialisation Mon P2: LIFT	<b>Half Term</b>	week commencing: 22/02/2021 Mon P1: Commercialisation Mon P2: Conduct of Performers	week commencing: 01/03/2021 Mon P1: Conduct of Performers Mon P2: Conduct of Performers	week commencing: 08/03/2021 Mon P1: Conduct of Performers Mon P2: Conduct of Performers	week commencing: 15/03/2021 Mon P1: Physical, Mental and Social Health and Well-Being Mon P2: LIFT	<b>Easter</b>							
<b>Assess 1.2</b>			<b>DC1</b>			<b>LIFT</b>							<b>LIFT</b>						
<b>Term 2: Practical</b>																			
<b>Term 3: Theory</b>	week commencing: 12/04/2021 Mon P1: Sedentary Lifestyle Mon P2: Sedentary Lifestyle	week commencing: 19/04/2021 Mon P1: Energy Use, Nutrition and Diet Mon P2: Y10 Exam Preparation	week commencing: 26/04/2021 Mon P1: Y10 Exam Preparation Mon P2: Y10 Exam Preparation	<b>Y10 EXAMS</b>			week commencing: 03/05/2021 Mon P1: Sedentary Lifestyle Mon P2: LIFT	week commencing: 10/05/2021 Mon P1: Energy Use, Nutrition and Diet Mon P2: Y10 Exam Preparation	<b>Half Term</b>	week commencing: 07/06/2021 Mon P1: NEA Section B Coursework Mon P2: P2 Interleaving Quiz 1	week commencing: 14/06/2021 Mon P1: NEA Section B Coursework Mon P2: P2 Interleaving Quiz 2	week commencing: 21/06/2021 Mon P1: NEA Section B Coursework Mon P2: P2 Interleaving Quiz 3	week commencing: 28/06/2021 Mon P1: NEA Section B Coursework Mon P2: P2 Interleaving Quiz 4	Mon P1: NEA Section B Coursework Mon P2: P2 Interleaving Quiz 5	week commencing: 05/07/2021 Mon P1: NEA Section B Coursework Mon P2: P2 Interleaving Quiz 6	week commencing: 12/07/2021 Mon P1: NEA Section B Coursework Mon P2: P2 Interleaving Quiz 7	week commencing: 19/07/2021 Mon P1: NEA Section B Coursework Mon P2: P2 Interleaving Quiz 8	<b>Summer</b>	
<b>Assess 1.3</b>						<b>LIFT</b>					<b>DC2</b>					<b>LIFT</b>			
<b>Term 3: Practical</b>																			

**Year 11 Overview: GCSE PE**

**MCA: Theory: Tuesday 3 Thursday 3**  
**MCA & DMC: Practical: Thursday 4**



<b>Term 1: Theory</b>	week commencing: 11/09/2020 Sedentary Lifestyle	week commencing: 07/09/2020 Energy use, diet & nutrition	week commencing: 14/09/2020 Tues 3: Musculoskeletal system Thurs 3: Skill classification	week commencing: 21/09/2020 Tues 3: Musculoskeletal system Thurs 3: Skill classification	week commencing: 28/09/2020 Tues 3: Musculoskeletal system Thurs 3: Goal setting & SMART	week commencing: 05/10/2020 Tues 3: Musculoskeletal system Thurs 3: Information processing model	week commencing: 12/10/2020 Tues 3: Cardiorespiratory system Thurs 3: Guidance and feedback	<b>Half Term</b>	week commencing: 02/11/2020 Tues 3: Cardiorespiratory system Thurs 3: Acute & stress management techniques	week commencing: 09/11/2020 Tues 3: Cardiorespiratory system Thurs 3: Direct & indirect aggression	week commencing: 16/11/2020 Tues 3: Cardiorespiratory system Thurs 3: Personality types	week commencing: 23/11/2020 Tues 3: Aerobic & anaerobic respiration Thurs 3: Motivation	<b>FINALS</b>	week commencing: 30/11/2020 Tues 3: Aerobic & anaerobic respiration Thurs 3: Engagement patterns	<b>Christmas</b>
<b>Term 1: Practical</b>	Netball & football	Netball & football	Netball & football	Netball & football	Netball & football	Netball & football	Netball & football	<b>Half Term</b>	Netball & football	Netball & football	Netball & football	Netball & football		LIFT	
<b>Term 2: Theory</b>	week commencing: 04/01/2021 Tues 3: Anatomy & Physiology Thurs 3: Sports Psychology	week commencing: 11/01/2021 Tues 3: Aerobic and anaerobic exercise Thurs 3: Engagement patterns	week commencing: 18/01/2021 Tues 3: Effects of exercise Thurs 3: Commercialisation	week commencing: 25/01/2021 Tues 3: Issues Thurs 3: Technology in sport	week commencing: 01/02/2021 Tues 3: Technology in sport Thurs 3: Sporting behaviour	week commencing: 08/02/2021 Tues 3: Components of fitness Thurs 3: Performance enhancing drugs	<b>Half Term</b>	week commencing: 22/02/2021 Tues 3: Fitness Testing Thurs 3: Spectator behaviour	week commencing: 01/03/2021 Tues 3: Principles of training Thurs 3: Health, fitness and well-being	week commencing: 08/03/2021 Tues 3: Optimal training Thurs 3: Health, fitness and well-being	week commencing: 15/03/2021 Tues 3: Energy use, diet, nutrition and hydration Thurs 3: Sedentary Lifestyle	<b>Easter</b>			
<b>Term 2: Practical</b>	Netball & football	Netball & football	Netball & football	Netball & football	Netball & football	Netball & football	<b>Half Term</b>	Netball & football	Netball & football	Netball & football	Netball & football				
<b>Term 3: Theory</b>	week commencing: 12/04/2021 Coursework	week commencing: 19/04/2021 Coursework	week commencing: 26/04/2021 Coursework	week commencing: 03/05/2021 Coursework	week commencing: 10/05/2021 Coursework	week commencing: 17/05/2021 Paper 1: Anatomy & Physiology Revision and additional assessment	week commencing: 24/05/2021 Paper 1: Physical Training Revision and additional assessment	<b>Half Term</b>	week commencing: 07/06/2021 EXAMS	week commencing: 14/06/2021 EXAMS	week commencing: 21/06/2021 EXAMS	week commencing: 28/06/2021 EXAMS			
<b>Term 3: Practical</b>	Netball & football	Netball & football	Netball & football	Netball & football	Netball & football	Netball & football	Netball & football	<b>Half Term</b>							