

Year 10 GCSE PE		MCA:						Half Term				Whole School Assessments				Christmas Break			
Theory Thurs 1 Fri 4 Prac Fri 5 Tues 4 Wed 1 Prac Tues 5		GSH: Theory																	
Term 1:	WK 1 (3 days)	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	Half Term				WK 8	WK 9	WK 10	WK 11	WK 12	WK 13	WK 14	
	02/09/2024	09/09/2024	16/09/2024	23/09/2024	30/09/2024	07/10/2024	14/10/2024					04/11/2024	11/11/2024	18/11/2024	25/11/2024	02/12/2024	09/12/2024	16/12/2024	
Theory	Musculoskeletal System						Cardiovascular System					Cardiovascular System				Year 10 Assessment, LIFT & Buffer Lessons			
Practical	Badminton										Badminton				Netball				
		DC1								Half Term				Finals					
Term 2:	WK 1 (3 days)	WK 2	WK 3	WK 4	WK 5	WK 6	Half Term				WK 7	WK 8	WK 9	WK 10	WK 11	WK 12	Easter Break		
	06/01/2025	13/01/2025	20/01/2025	27/01/2025	03/02/2025	10/02/2025					24/02/2025	03/03/2025	10/03/2025	17/03/2025	24/03/2025	31/03/2025			
Theory	Aerobic & Anaerobic Respiration		Effects of Exercise	Lever Systems	Planes & Axes	Components of Fitness					Components of Fitness				Principles of Training				
Practical	Netball										Netball	Badminton							
								Half Term				Whole School Assessments Continued				DC2			
Term 3:	WK 1 (4 days)	WK 2	WK 3 (4 days)	WK 4	WK 5	Half Term				WK 6	WK 7	WK 8	WK 9	WK 10	WK 11	WK 12	WK 13		
	21/04/2025	28/04/2025	05/05/2025	12/05/2025	19/05/2025					02/06/2025	09/06/2025	16/06/2025	23/06/2025	30/06/2025	07/07/2025	14/07/2025	21/07/2025		
Theory	Principles of Training	Optimise Training		Warming Up & Cooling Down	Paper 1 Review					NEA Section A (coursework)									
Practical	Badminton										Netball & Football								
								GCSE Exams											

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	02/09/2024	09/09/2024	16/09/2024	23/09/2024	30/09/2024	07/10/2024	14/10/2024					04/11/2024	11/11/2024	18/11/2024	25/11/2024	02/12/2024	09/12/2024	16/12/2024
Theory	Musculoskeletal System						Cardiovascular System	Half Term				Cardiovascular System			Year 10 Assessment, LIFT & Buffer Lessons			
Practical	Badminton							Half Term				Badminton			Netball			
		DC1						Half Term				Finals						
Term 2:	WK 1 (3 days)	WK 2	WK 3	WK 4	WK 5	WK 6	Half Term				WK 7	WK 8	WK 9	WK 10	WK 11	WK 12	Easter Break	
	06/01/2025	13/01/2025	20/01/2025	27/01/2025	03/02/2025	10/02/2025					24/02/2025	03/03/2025	10/03/2025	17/03/2025	24/03/2025	31/03/2025		
Theory	Aerobic & Anaerobic Respiration		Effects of Exercise	Lever Systems	Planes & Axes	Components of Fitness	Half Term				Components of Fitness			Principles of Training				
Practical	Netball							Half Term				Netball	Badminton					
						Half Term				Whole School Assessments Continued				DC2				
Term 3:	WK 1 (4 days)	WK 2	WK 3 (4 days)	WK 4	WK 5	Half Term				WK 6	WK 7	WK 8	WK 9	WK 10	WK 11	WK 12	WK 13	
	21/04/2025	28/04/2025	05/05/2025	12/05/2025	19/05/2025					02/06/2025	09/06/2025	16/06/2025	23/06/2025	30/06/2025	07/07/2025	14/07/2025	21/07/2025	
Theory	Principles of Training	Optimise Training		Warming Up & Cooling Down	Paper 1 Review	Half Term				NEA Section A (coursework)								
Practical	Badminton						Half Term				Netball							
		GCSE Exams																