Y10 GCSE PE PLAN

Week	Unit	Content		HMWK / ADDITIONAL INFO
1A	X	X		
2B	1.1.A	BONES / FUNCTIONS OF SKELETON		
3A		SYNOVIAL JOINTS / MOVEMENT AT JOINTS		
4B		OTHER COMPONENTS OF JOINTS		EVERLEARNER CHECKPOINT 1
5A				
6B	1.1.B	LOCATION OF MAJOR MUSCLE GROUPS		
7A		ROLE OF MUSCLES IN MOVEMENT		EVERLEARNER CHECKPOINT 2
8B		GAP WEEK		EVERLEARNER CHECKPOINTS 1 & 2
9A*	1.1.C	LEVER SYSTEMS		
10B*		PLANES AND AXIS OF ROTATION		
11A*				EVERLEARNER CHECKPOINT 3
12B	1.1.D	STRUCTURE & FUNCTION OF CV SYSTEM		
13A		STRUCTURE & FUNCTION OF RESPIRATORY SYSTEM		
14B		AEROBIC & ANAEROBIC EXERCISE		EVERLEARNER CHECKPOINT 4
15A		GAP WEEK		EVERLEARNER CHECKPOINTS 1, 2, 3 & 4
16B	1.1.E	SHORT TERM EFFECTS OF EXERCISE		
17A		LONG TERM EFFECTS OF TRAINING ON EXERCISE		
18B				EVERLEARNER CHECKPOINT 5
19A	1.2.A	PHYSICAL TRAINING		
20B				
21A				EVERLEARNER CHECKPOINTS 1-5
22B		COMPONENTS OF FITNESS		
23A				
24B				EVERLEARNER CHECKPOINT 6
25A	1.2.B	APPLYING PRINCIPLES OF TRAINING		
26B				EVERLEARNER CHECKPOINTS 5 & 6
27A		GAP WEEK		
28B	1.2.C	PREVENTION OF INJURY		
29A				
30B				EVERLEARNER CHECKPOINT 7
31A		MOCK REVISION		EVERLEARNER CHECKPOINTS 1-7
32B*	MOCKS	MOCK REVISION		
33A*	MOCKS	COURSEWORK		
34B*	MOCKS	COURSEWORK		
35A*		COURSEWORK		
36B		COURSEWORK		
37A		COURSEWORK		
38B		COURSEWORK		STUDENT DEADLINE FOR COURSEWORK
39A	FOUNDERS AND REWARDS WEEK			