Y11 GCSE PE PLAN

Week	Unit	GF LESSONS	HM LESSON	Deadline
Week	X	X	X	X
1A	NEA	COURSEWORK COMPONENTS 5 & 6	CSWK	
2B	1.1.A / 1.1.B	SKELETAL / MUSCULAR SYSTEMS		
3A	1.1.C	LEVERS, PLANES AND AXIS	CSWK	
4B	1.1.D	CV SYSTEM, RESPIRATORY SYSTEM, AEROBIC & ANAEROBIC		
5A	1.1.E	SHORT & LONG TERM EFFECTS OF EXERCISE	CSWK	
6B	1.2.A	PHYSICAL TRAINING		
7A	1.2.B	APPLYING PRINCIPLES OF TRAINING	CSWK	EVERLEARNER CHECKPOINT 8
8B	1.2.C	PREVENTION OF INJURY		
9A*	MOCKS		CSWK	
10B*	MOCKS			
11A*	MOCKS		CSWK	
12B	2.1.A	PHYSICAL ACTIVITY & SPORT IN UK		
13A		PARTICIPATION IN PHYSICAL ACTIVITY & SPORT	CSWK	STUDENT DEADLINE FOR COURSEWORK
14B	2.1.B	COMMERCIALISATION OF SPORT		
15A			EXAM Q 1.1 A / B	STAFF DEADLINE FOR CSWK MARKS IN TRACKER
16B	2.1.C	ETHICS IN SPORT		EVERLEARNER CHECKPOINT 9
17A		DRUGS IN SPORT	EXAM Q 1.1C	
18B		VIOLENCE IN SPORT		
19A		GAP WEEK	EXAM Q 1.1 D / E	EVERLEARNER CHECKPOINT 8 & 9
20B	2.2	CHARACTERISTICS OF SKILLFUL MOVEMENT		
21A		CLASSIFICATION OF SKILLS	EXAM Q 1.2	
22B				
23A		GOAL SETTING	EXAM Q 2.1 A / B	EVERLEARNER CHECKPOINT 10
24B	2.3	MENTAL PREPARATION		
25A		TYPES OF GUIDANCE & FEEDBACK	EXAM Q 2.1 C / 2.2	EVERLEARNER CHECKPOINT 11
26B				
27A	2.3	HEALTH, FITNESS & WELL-BEING	EXAM REVISION	EVERLEARNER CHECKPOINT 10 & 11
28B				
29A		REVISION ON ALL CONTENT	EXAM REVISION	
30B		REVISION ON ALL CONTENT		
31A		REVISION ON ALL CONTENT	EXAM REVISION	
32B*	EXAMS			
33A*	EXAMS		EXAM REVISION	
34B*	EXAMS			
35A*	EXAMS			
36B				
37A				
38B				
39A				