

Curriculum Overview: GCSE PE

	Year 9	Year 10	Year 11
HT1	<p>Healthy & Active Lifestyles</p> <p>Practical Performance - Team Games (skills & tactics) & Badminton</p>	<p>Component 1 Topic 1 Anatomy & Physiology</p> <p>Component 3 NEA Practical Performance (Practical Lessons)</p>	<p>Component 2 Topic 4 Sports Psychology</p> <p>Component 3 Practical Performance (Practical Lessons)</p>
HT2	<p>Understanding of Fitness Principles</p> <p>Practical Performance - Team Games (skills & tactics) & Badminton</p>		<p>Component 2 Topic 5 – Socio-cultural Influences</p> <p>Component 3 NEA Practical Performance (Practical Lessons)</p>
HT3	<p>Personal Exercise Plan (PEP) Mini - PEP Practical Performance - Team Games (skills & tactics) & Badminton</p>	<p>Component 1 Topic 3 – Physical Training</p> <p>Component 3 NEA Practical Performance (Practical Lessons)</p> <p>Component 4 NEA Personal Exercise Plan</p>	<p>Component 2 Topic 6 – Health, Fitness & Well Being</p> <p>Component 3 NEA Practical Performance (Practical Lessons)</p>
HT4	<p>PEP Mini - PEP</p> <p>Body Systems Skeletal System</p>		<p>Component 3 – Moderation Exam</p> <p>Component 2 Topic 6 – Health, Fitness & Well Being</p>

	Practical Performance - Team Games (skills & tactics) & Badminton		
HT5	Body Systems Muscular System Practical Performance – Individual Activities	Component 1 Topic 2 Movement Analysis Component 3 NEA Practical Performance (Practical Lessons) Component 4 NEA Personal Exercise Plan	Component 1 & 2 Revision
HT6	Body Systems Cardiovascular System & Respiratory System Practical Performance – Individual Activities	Component 2 Topic 4 Sports Psychology Component 3 NEA Practical Performance (Practical Lessons) Component 4 NEA Personal Exercise Plan	