

GCSE PE

	Term 1	Term 2	Term 3
Year 11	<ul style="list-style-type: none">• Ethical and socio-cultural issues in physical activity and sport• Sports psychology• Health, fitness and well-being	<ul style="list-style-type: none">• Physical factors affecting performance• Socio-cultural issues and sports psychology• Analysing and Evaluating Performance (AEP)	<ul style="list-style-type: none">• Physical factors affecting performance• Socio-cultural issues and sports psychology
Year 10	<ul style="list-style-type: none">• The structure and function of the skeletal system• The structure and function of the muscular system• Movement analysis• The cardiovascular and respiratory systems	<ul style="list-style-type: none">• The cardiovascular and respiratory systems• Effects of exercise on body systems• Components of fitness• Applying the principles of training	<ul style="list-style-type: none">• Applying the principles of training• Preventing injury in physical activity and training• Analysing and Evaluating Performance (AEP)• Engagement patterns of different social groups in physical activities and sports• Commercialisation of physical activity and sport