

FERNDOWN UPPER SCHOOL PHYSICAL EDUCATION DEPARTMENT LONG TERM PLAN

TERM	WK NO	WK 1 OR 2	Year 11 GCSE PE Theory	Year 10 GCSE PE Theory	Year 9 GCSE PE Theory
AUT 1	1	1	Revision of year 10 / PEP catch up	Functions of the skeletal system	
	2	2	Revision of year 10	Classification of bones	
	3	1	Revision of year 10	Structure of the skeletal system	
	4	2	Revision of year 10	Classification and roles of muscles	
	5	1	Revision of year 10	Location and roles of key voluntary muscles	
	6	2	Identification and treatment of injuries	Antagonistic muscles	
	7	1	Injury prevention	Fast and slow twitch muscle fibres / ASSESSMENT 2	
October	Octo		October HALF TERM		
AUT 2	8	2	Performance enhancing drugs	Structure and function of the Cardiovascular system	
	9	1	Performance enhancing drugs	The Heart	
	10	2	Goal Setting and SMART targets	Arteries, cappillaries and viens	
	11	1	Extended answer questions	Vascular shunting	
	12	2	Year 11 GCSE PE mock / ASSESSMENT 8	Components of blood	
	13	1	Feedback week & Practical moderation	ASSESSMENT 3	
	14	2	Social-cultural influences - factors affecting participation	Respiratory system, composition of air	
15	1	Sport psychology - Classification of skills	Location and roles of components of respiratory system		
Christmas	Chris		Christmas Break		
SPR 1	16	2	forms of practice and types of guidance	Structure and function of aveoli / ASSESSMENT 4	
	17	1	Mental preperation and types of feedback	short term effects of exercise, aerobic and anaerobic	
	18	2	Use of data trends participation	Lever system, first, second and third class levers	
	19	1	Commercialisation and media	Mechanical advantage in sport & planes and axis	
	20	2	Adavantages and disadvantageof media	ASSESSMENT 5	
21	1	Sporting behaviours	Extended answer questions		
February	Febr		February HALF TERM		
SPR	22	2	Deviance	PAR-Q, warm up and cool down	
	23	1	ASSESSMENT 9	Components of fitness	
	24	2	Extended answer questions	Fitness testing	
	25	1	Extended answer questions	Fitness testing	
	26	2	Extended answer questions	Fitness testing	

2	27	1	Extended answer questions	Principles of training	
Easter	Easte			Easter Break	
SUM 1	28	2	Revision & Practical External moderation	Recap components of fitness and Principles of Training	
	29	1	Revision	Methods of training	
	30	2	Revision	Long term effects of training	
	31	1	Revision	Long term effects of training	
	32	2	Revision	ASSESSMENT 6	
May HALF	May			May HALF TERM	
SUM 2	33	1	Revision	Physical, Emotional and Social Health	
	34	2	Revision	Lifestyle Choices	
	35	1	Revision	Impact of lifestyle choices	
	36	2	Revision / Year 10 GCSE PE Theory mocks ASSESSMENT 7	Sedentary lifestyle and consequences	
	37	1	PEP - Coursework	Balanced diet and role of nutrients	
	38	2	PEP - Coursework	Diet manipulation for sport	
	39	1	PEP - Coursework	Optimum weight / ASSESSMENT 1	
Notes	Notes				
GCSE students will cover all the topics above and opt into different activites during their practical lessons					