

St Mary's R.C. High School – GCSE PE Long Term Plan

Y10 Paper 1	1 st Autumn ½ term	1.1 – Skeletal and Muscular system
	Assessment	
	2 nd Autumn ½ term	1.2, 1.3, 1.4 Cardiovascular and respiratory system and the effects of exercise
	Assessment	
	1 st Spring ½ term	3.1, 3.2, 3.3, 3.4, 3.5, 3.6 – Physical training and use of Data
	2 nd Spring ½ term	
	Assessment	
	1 st Summer ½ term	2.1, 2.2, –Movement, Planes and Levers and PEP Planning
	Yr. 10 mock Exam	
2 nd Summer ½ term	Practical 6 week PEP (1 lesson per week), PEP write up (1 lesson per week), summer sports (1 lesson every 2 weeks)	
Y11 Paper 2	1 st Autumn ½ term	PEP evaluation 1.1, 1.2, 1.3 – Health fitness and well being Revision technique, exam technique – mock exams – full paper 1, part paper 2
	PEP Hand in	
	2 nd Autumn ½ term	Revision technique, exam technique – mock exams – full paper 1, part paper 2
	Yr. 11 Mock Exam	
	1 st Spring ½ term	2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3 – Sports psychology and Socio-cultural influences
	2 nd Spring ½ term	
	1 st Summer ½ term	Revision and exam prep
	Yr. 11 PE Exam paper 1 and paper 2	

Practical Sport

Practical sport is developed 1 lesson every week. We focus on sports that we can offer in school and are moderated live during the Practical moderation over the Easter period.

Use of DATA

Over the last several years the use of data has become a regular part of summer exam assessments. As such we include the use of DATA regularly throughout practical and theory lessons.