

## GCSE PE Calendar

1.1 Musculoskeletal System	Embed 1.4 & 3.4- Short and long term effects
<b>UNIT TEST 1: Musculoskeletal System 1<sup>st</sup> November</b>	
1.2 Cardiorespiratory System	
<b>UNIT Test 2: Cardiorespiratory System 15th January</b>	
2.1 Levers	
2.2 Plane/ Axis	
3.1 Health/ Exercise/ Fitness	
3.2 Components of Fitness	
<b>Mock Exam: Yr 10 Mock Exam 30<sup>th</sup> March</b>	
3.3 Principles of Training/ Methods of Training	
<b>Unit Test 3: 3.1-3.3 Training 1<sup>st</sup> July</b>	
1.3 Energy	
3.5 Prevent Injury	
<b>Summer Holidays</b>	
3.6 Warm Up/ Cool Down	
4.1 Use of Data	
<b>Exam Paper 1 or Unit Test: either all or just unit 20<sup>th</sup> September</b>	
2.2 SMART Goals	<b>PEP Starts after October half term</b>
2.1 Classification of Skills	
2.3 Feedback of Skills	
2.4 Mental Preparation	
<b>Mock Exam: Yr 11 Mock Exam 15<sup>th</sup> December</b>	
1.1 Physical/ Emotional/ Social	
1.2 Sedentary Lifestyle	
1.3 Diet	
<b>Unit Test : February</b>	
3.1 WEEDY + SE	
3.2 Commercialisation	
3.3 Ethical, Social, Cultural	
4.1 Use of Data	
<b>Second Mock/ Second Paper: April</b>	

### Practical Calendar

Term	Boys Out	Girls Out	Indoor
1	Rugby	Hockey	Trampolining/ Table Tennis/Climbing
2	Rugby	Hockey/Football	
3	Football	Football/ Netball	Handball/ Badminton
4	Football	Netball	
5	Athletics	Athletics	Cricket/ Tennis
6	Athletics	Athletics	
1	Rugby	Hockey	Trampolining/ Table Tennis/Climbing
2		Football	
3	Football	Netball	Handball/ Badminton

Due to the nature of PE and weather, students may participate in a variety of other activities throughout the course of the year.

*Sending every young person into the world able and qualified*