

GCSE Physical Education Mapping

DATE	YEAR 10			DATE	YEAR 11			KEY	
	Theory Lesson	Home Learning	Practical Lesson		Theory Lesson	Home Learning	Practical Lesson		
Week 1	1.1a Location of Bones	SENECA Tasks	Badminton Practical	Week 1	2.1a Skill Classification & Goals	SENECA Tasks	2.1b SMART Targets	Unit 1 Thoery- The Body	
Week 2	1.1b Skeleton, Joints & Movements	SENECA Tasks	Badminton Practical	Week 2	2.1c Processing Model & Agression	SENECA Tasks	2.1d Guidance & Feedback		
Week 3	1.1c Synovial joint	SENECA Tasks	Badminton Practical	Week 3	2.1e Arousal & Inverted U Theory	SENECA Tasks	2.1f Motivation & Personalities	Unit 2 Theory- Sports Psychology	
Week 4	1.1d Muscles & Antagonistic Pairs & Contractions	SENECA Tasks	Badminton Practical	Week 4	2.2a Factors affecting participation	SENECA Tasks	2.2b Sponsorship, Technology & Media		
Week 5	1.1e Lever systems	SENECA Tasks	Badminton Practical	Week 5	2.2c Conduct of Performers and Spectator Behaviour	SENECA Tasks	2.2d Drugs Inc Adv & Dis	Homework	
Week 6	1.1f Planes of movement	SENECA Tasks	Badminton Practical	Week 6	2.2e Effects of Physical Activity & Sedentary Lifestyles	SENECA Tasks	2.2f Somatotypes & Obesity		
Week 7	1.2a Pathway of air & Gaseous exchange	SENECA Tasks	Badminton Practical	Week 7	2.2g Diet, Energy Use, Nutrition & Water	SENECA Tasks	Recap lesson	Coursework	
Week 8	1.2b Mechanic of breathing & Spirometer trace	SENECA Tasks	Badminton Practical	Week 8	Revision lesson	Personal Revision	Revision lesson		
OCT HALF TERM									
Week 9	1.2c Blood vessels & heart	SENECA Tasks	Badminton Practical	Week 9	Revision lesson	Personal Revision	Revision lesson	Practical	
Week 10 (No Sports Hall)	1.2d Pathway of blood & CO/SV/HR	SENECA Tasks	Badminton Practical	Week 10	Mock Exam Week Mock Exam on Unit 1 & Mock Exam on Unit 2				
Week 11 (No Sports Hall)	1.2e Anaerobic vs Aerobic	SENECA Tasks	Badminton Assessment	Week 11					
Week 12	1.2f Effects of Exercise, EPOC & Recovery process	SENECA Tasks	Badminton Moderation	Week 12	NEA Coursework Lesson- Evaluation Section	NEA Coursework	Handball Practical	Exams	
Week 13	Recap lesson	Personal Revision	Recap lesson	Week 13	NEA Coursework Lesson- Evaluation Section	NEA Coursework	Handball Practical		
Week 14	Revision lesson	Personal Revision	Revision lesson	Week 14	NEA Coursework Lesson- Evaluation Section	NEA Coursework	Handball Practical		
Week 15 (No Sports Hall)	Mock Exam (Practice Paper Covering 1.1 & 1.2)			Week 15	NEA Coursework Lesson- Evaluation Section	NEA Coursework	Handball Practical		
Week 16 (No Sports Hall)				Week 16	NEA Coursework Lesson- Evaluation Section	NEA Coursework	Handball Practical		
CHRISTMAS HOLIDAYS									
Week 17	1.3a Health/ Fitness & Warm Up/Cool Down	SENECA Tasks	Table Tennis Practical	Week 17	NEA Coursework Lesson- Evaluation Section	NEA Coursework	Handball Practical		
Week 18	1.3b Components of Fitness	SENECA Tasks	Table Tennis Practical	Week 18	NEA Coursework Lesson- Evaluation Section	NEA Coursework	Handball Practical		
Week 19	1.3c Fitness Testing & Limitations	SENECA Tasks	Table Tennis Practical	Week 19	NEA Coursework Lesson- Evaluation Section	NEA Coursework	Handball Practical		
Week 20	1.3d Principles of Training & Overload	SENECA Tasks	Table Tennis Practical	Week 20	NEA Coursework Lesson- Evaluation Section	NEA Coursework	Handball Practical		
Week 21	1.3e Types of Training Inc Adv & Dis	SENECA Tasks	Table Tennis Practical	Week 21	NEA Coursework Lesson- Evaluation Section	NEA Coursework	Handball Moderation		
FEB HALF TERM									
Week 22	1.3f Calculate Intensities to Optimise training	SENECA Tasks	Table Tennis Practical	Week 22	Revision lesson	Personal Revision	Revision lesson		
Week 23 (No Sports Hall)	1.3g Seasonal Training & High Altitude	SENECA Tasks	1.3h Injuries & Prevention	Week 23	Mock Exam Week Mock Exam on Unit 1 & Mock Exam on Unit 2				
Week 24 (No Sports Hall)	1.3i Data- Types, Presenting & Analysis	SENECA Tasks	Recap Lesson	Week 24					
Week 25	Table Tennis Practical	Personal Revision	Table Tennis Practical	Week 25	Revision lesson	Personal Revision	Revision lesson		
Week 26	Revision lesson	Personal Revision	Table Tennis Moderation	Week 26	Revision lesson	Personal Revision	Revision lesson		
Week 27	Unit 1 Knowledge Paper- AO1 from 1.1, 1.2 & 1.3 no AO2 or AO3			Week 27	Revision lesson	Personal Revision	Revision lesson		
SPRING HOLIDAYS									
Week 28	NEA Coursework Lesson- Analysis Section	NEA Coursework	Football/ Netball Practical	Week 28	GCSE Moderation				
Week 29	NEA Coursework Lesson- Analysis Section	NEA Coursework	Football/ Netball Practical	Week 29	Revision lesson	Personal Revision	Revision lesson		
Week 30	NEA Coursework Lesson- Analysis Section	NEA Coursework	Football/ Netball Practical	Week 30	Revision lesson	Personal Revision	Revision lesson		
Week 31	NEA Coursework Lesson- Analysis Section	NEA Coursework	Football/ Netball Practical	Week 31	Revision lesson	Personal Revision	Revision lesson		
Week 32 (No Sports Hall)	NEA Coursework Lesson- Analysis Section	NEA Coursework	Netball Assessment	Week 32	GCSE EXAM				
Week 33 (No Sports Hall)	NEA Coursework Lesson- Analysis Section	Personal Revision	Football Assessment	Week 33					
MAY HALF TERM									
Week 34 (No Sports Hall)	Revision lesson	Personal Revision	Revision lesson	Week 34	GCSE EXAM				
Week 35 (No Sports Hall)	Mock Exam Week Mock Exam on Unit 1			Week 35					
Week 36 (No Sports Hall)				Week 36	Students Finished				
Week 37	NEA Coursework Lesson- Analysis Section	NEA Coursework	NEA Coursework Lesson- Analysis Section	Week 37					
Week 38	NEA Coursework Lesson- Analysis Section	NEA Coursework	NEA Coursework Lesson- Analysis Section	Week 38					
Week 39	NEA Coursework Lesson- Analysis Section	NEA Coursework	NEA Coursework Lesson- Analysis Section	Week 39					
Week 40	NEA Coursework Lesson- Analysis Section	NEA Coursework	NEA Coursework Lesson- Analysis Section	Week 40					