

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