

Scheme of Learning – Long Term Planning

Subject: GCSE AQA PE

Key stage: 4

Year	Autumn Term*	Spring Term*	Summer Term*
10	<u>Autumn 1</u> Musculo – Skeletal System Cardio – Respiratory System	<u>Spring 1</u> Health & Fitness Components of Fitness Principles of Training	<u>Summer 1</u> Revision Paper 1 Mock
	<u>Autumn 2</u> Aerobic & Anaerobic Exercise Short & Long term Effects of Exercise Levers & Planes & Axes of movement	<u>Spring 2</u> Optimising Training & Preventing Injury Effective Use of Warm up and Cool Down	<u>Summer 2</u> Health Fitness & Well being Consequences of Sedentary Lifestyle Energy Use, Diet, Nutrition & Hydration
11	<u>Autumn 1</u> Classification of skills Goal Setting & Smart Targets Basic Information Processing Guidance & Feedback Mental Preparation	<u>Spring 1</u> Coursework & Practical Evidence	<u>Summer 1</u> Revision GCSE PE EXAM
	<u>Autumn 2</u> Engagement Patterns Commercialisation Ethical & Socio-Cultural Issues Technology In Sport REVISION Paper 1 & 2 Mock	<u>Spring 2</u> Preparation for Moderation Day Revision	<u>Summer 2</u> EXAMS

* Add Assessments