|  |  |  |  |
| --- | --- | --- | --- |
| **Y11 Autumn Term PE GCSE Board: EDEXCEL** | | | |
| **Key Topics** | **Exam Dates** | **Controlled Assessment** | **What the student needs to do:** |
| Physical activity and your healthy mind and body (Somatotypes).  Physical activity and your healthy mind and body (anorexia, obesity, overfat, overweight, underweight).  Physical activity and your healthy mind and body (gender, height, weight, bone structure, muscle girth, optimum weight).  Physical activity and your healthy mind and body (Drugs in sport).  Rules and risk assessment in sport. |  | End of Unit Tests  Analysis of main sport. | Continue development and understanding of their chosen practical 4 sports.  **Chads Hill** (Minimum 1 a week)  **Rugby / Hockey Practice** (Minimum 1 a week)  **Fitness** (2 a week)  **Resistance Rm** (1/2 a week)  **Circuits** (1 a week) *Only get selected for circuits if up to date with Practices and Chads Hill.*  **Saturday Activities** (Rugby, Hockey, Triathlon, Mountain Biking) |
| **Y11 Spring Term** | | | |
| **Key Topics** | **Exam Dates** | **Controlled Assessment** | **What the student needs to do:** |
| A healthy, active lifestyle and your cardiovascular system.  A healthy, active lifestyle and your respiratory system.  A healthy, active lifestyle and your muscular system.  A healthy, active lifestyle and your skeletal system. |  | End of Unit Tests  Practical Moderation | Final development and understanding of their chosen practical 4 sports  External moderation on selected practical sports.  **Chads Hill** (Minimum 1 a week)  **Rugby / Hockey Practice** (Minimum 1 a week)  **Fitness** (2 a week)  **Resistance Rm** (1/2 a week)  **Circuits** (1 a week) *Only get selected for circuits if up to date with Practices and Chads Hill.*  **Saturday Activities** (Rugby, Hockey, Triathlon, Mountain Biking) |
| **Y11 Summer Term** | | | |
| **Key Topics** | **Exam Dates** | **Controlled Assessment** | **What the student needs to do:** |
| Revision programme | Exam late May/early June |  | Final development and understanding of their chosen practical 4 sports  External moderation on selected practical sports. |