





# Physical Education (core) 2024 - 2025

## Year 9 Long Term Plan





<b>Cycle 3</b>	Academy Holiday 31/03 Eid	Term 5 Bank Holiday (21/04)		Bank Holiday (05/05)	GCSE Examinations*	GCSE Examinations*	Term 6 GCSE Examinations*  06/06 Possible Eid  C3 Assessments	GCSE Examinations*  C3 Assessments	GCSE Examinations*  C3 Assessments	C3 Assessments	Data Input 3 for Year 9 & 10 30/06	Data Input 3 for Year 7 & 8 7/07	Share Results
	Fitness Testing  Muscular Endurance  Testing	Fitness Testing  Flexibility , balance and Body Composition  Testing	Fitness Testing  Strength and power  Testing	Fitness Testing  Agility and speed  Testing	Fitness Testing  Coordination and reaction time  Testing	Fitness Testing  Interpreting Data Assessment  Handball	Fitness Testing  DIRT	Training Methods  Warm up, cool down,  Warm up/Cool Down	Training Methods  Cardiovascular Endurance  Interval Training	Training Methods  Flexibility  Static, PNF	Training Methods  Muscular Endurance  Circuit Training	Training Methods  Strength and Speed  Free weights, Hill Sprints	End of Term





	W/C 31/03 B	W/C 21/04 A	W/C 28/04 B	W/C 05/05 A	W/C 12/05 B	W/C 19/05 A	W/C 02/06 B	W/C 09/06 A	W/C 16/06 B	W/C 23/06 A	W/C 30/06 B	W/C 07/07 A	W/C 14/07 B
<b>Cycle 3</b>	Academy Holiday 31/03 Eid	Term 5 Bank Holiday (21/04)		Bank Holiday (05/05)	GCSE Examinations*	GCSE Examinations*	Term 6 GCSE Examinations*  06/06 Possible Eid  C3 Assessments	GCSE Examinations*  C3 Assessments	GCSE Examinations*  C3 Assessments	C3 Assessments	Data Input 3 for Year 9 & 10 30/06	Data Input 3 for Year 7 & 8 7/07	Share Results
	Component 1: Learning aim B  The limitations of using technology  Component 1 Learning aim C: Delivering a warm up	Complete Component 1 PSA	Complete Component 1 PSA	Complete Component 1 PSA	Component 3: Learning aim A  Types of Sports Requiring Specific Components of Fitness	Component 3: Learning aim A  Types of Sports Requiring Specific Components of Fitness	Component 3: Learning aim A  Fitness Training Principles	Component 3: Learning aim A  Additional Principles of Training	Component 3: Learning aim A  Exercise Intensity and how it can be measured	Component 3: Learning aim A  Reasons for fitness testing and pre test procedures	Component 3: Learning aim A  Measuring fitness test results, practicality, reliability and validity	Component 3: Learning aim A  Fitness test methods – Aerobic endurance	Component 3: Learning aim A  Fitness test methods – muscular endurance



# GCSE PE 2024 - 2025

## Year 10 Long Term Plan

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	W/C 26/08	W/C 02/09 A	W/C 9/09 B	W/C 16/09 A	W/C 23/09 B	W/C 30/10 A	W/C 07/10 B	W/C 14/10 A	W/C 04/11 B	W/C 11/11 A	W/C 18/11 B	W/C 25/11 A	W/C 02/12 B
	Term 1 Bank Holiday (26/08) Staff Data & Planning Days 27/08 & 28/08						C1 Assessments (reporting years 8 and 9)	C1 Assessments (reporting years 8 and 9)	Term 2 Data Input 1 (04/11)*	Data Day (14/11) Planning Day (15/11) Potential weeks for Y11 Mock Examinations	Share Results Potential weeks for Y11 Mock Examinations	Potential weeks for Y11 Mock Examinations	Mock Data Input (06/12)
	Theme  Theory  Practical	Exam Question Practice  Chapter 1a and 1b Recovery Methods	Chapter 2: Movement analysis  Antagonistic muscle pairs	Chapter 2: Movement analysis  Lever systems  Badminton	Chapter 3: COF's  Agility, balance  Badminton	Chapter 3: COF's  Cardiovascula r endurance, co-ordination  Badminton	Chapter 3: COF's  Flexibility, muscular endurance, Power  Badminton	Chapter 1, 2, 3 revision  Chapter 1,2, 3 test	Chapter 3  Reaction time, speed, strength  Basketball	Chapter 3  COF Exam Practice  Basketball	Chapter 3: Fitness Tests  Illinois Agility Test, Stork Balance  Handball	Chapter 3: Fitness Tests  MSFT  Handball	Chapter 3: Fitness Tests  Wall toss test, abdominal curl conditioning test  Handball
Cycle 2	W/C 9/12 A	W/C 16/12 B	W/C 06/01 A	W/C 13/01 B	W/C 20/01 A	W/C 27/01 B	W/C 03/02 A	W/C 10/02 B	W/C 24/02 A	W/C 03/03 B	W/C 10/03 A	W/C 17/03 B	W/C 24/03 A
			Term 3				C2 Assessments (reporting years 7 and 10)	C2 Assessments (reporting years 7 and 10)	Term 4 Data Input 2 (24/03)	Data Day (06/03) Planning Day (07/03) Data Input (Year 11) (07/03)	Share Results		
	Chapter 3: Fitness Tests  Vertical jump test, ruler drop test  Handball	Chapter 3: Principles of Training  SPORT  Safety Principles	Chapter 3: Principles of Training  Circuit training, Fartlek training	Chapter 3: Principles of Training  Interval Training, plyometric training	Chapter 3: Principles of Training  Static stretching, Weight training	Chapter 3: Principles of Training  Specific training (altitude training)	Chapter 3: Principles of Training  Training seasons  Warm ups and Cool Downs	Cycle 2 Assessment	Paper 1 DIRT	Paper 1 DIRT	Paper 1 DIRT	Chapter 4: Sports Psychology  Skill and Ability	Chapter 4: Sports Psychology  Classification of Skills

	W/C 31/03 B	W/C 21/04 A	W/C 28/04 B	W/C 05/05 A	W/C 12/05 B	W/C 19/05 A	W/C 02/06 B	W/C 09/06 A	W/C 16/06 B	W/C 23/06 A	W/C 30/06 B	W/C 07/07 A	W/C 14/07 B
<b>Cycle 3</b>	Academy Holiday 31/03 Eid	Term 5 Bank Holiday (21/04)		Bank Holiday (05/05)	GCSE Examinations*	GCSE Examinations*	Term 6 GCSE Examinations*  06/06 Possible Eid  C3 Assessments	GCSE Examinations*  C3 Assessments	GCSE Examinations*  C3 Assessments	C3 Assessments	Data Input 3 for Year 9 & 10 30/06	Data Input 3 for Year 7 & 8 7/07	Share Results
	Chapter 4: Sports Psychology  Goal Setting	Chapter 4: Sports Psychology  Information Processing	Chapter 4: Sports Psychology  Arousal Theory	Chapter 4: Sports Psychology  Arousal Theory	Chapter 4: Sports Psychology  Aggression and Personality	Chapter 4: Sports Psychology  Motivation	Chapter 5: Socio-cultural influences  Participation by demographic groups	C3 Assessment	Chapter 5: Socio-cultural influences  Barriers to participation	Chapter 5: Socio-cultural influences  Commercialisati on and the golden triangle	Chapter 5: Socio-cultural influences  Technology in sport	Chapter 5: Socio-cultural influences  Ethical Issues (PEDs and Hooliganism)	End of Term



# BTEC Tech Sport 2024 - 2025

## Year 11 Long Term Plan



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	W/C 26/08	W/C 02/09 A	W/C 9/09 B	W/C 16/09 A	W/C 23/09 B	W/C 30/10 A	W/C 07/10 B	W/C 14/10 A	W/C 04/11 B	W/C 11/11 A	W/C 18/11 B	W/C 25/11 A	W/C 02/12 B
	Term 1 Bank Holiday (26/08) Staff Data & Planning Days 27/08 & 28/08						C1 Assessments (reporting years 8 and 9)	C1 Assessments (reporting years 8 and 9)	Term 2 Data Input 1 (04/11)*	Data Day (14/11) Planning Day (15/11) Potential weeks for Y11 Mock Examinations	Share Results Potential weeks for Y11 Mock Examinations	Potential weeks for Y11 Mock Examinations	Mock Data Input (06/12)
		Fitness Programme Design  Gathering information	Training Methods  Training Aerobic Endurance and Flexibility	Training Methods  Training Muscular Endurance and Strength	Training Methods  Training Speed and Power	Training Methods  Training Balance, and agility	Effects of long term fitness training  Adaptations from flexibility training	Effects of long term fitness training  Adaptations from muscular endurance and speed training	Effects of long term fitness training  Adaptations from strength and power training	Effects of long term fitness training  Extended exam practice	Effects of long term fitness training		DIRT
Cycle 2	W/C 9/12 A	W/C 16/12 B	W/C 06/01 A	W/C 13/01 B	W/C 20/01 A	W/C 27/01 B	W/C 03/02 A	W/C 10/02 B	W/C 24/02 A	W/C 03/03 B	W/C 10/03 A	W/C 17/03 B	W/C 24/03 A
			Term 3				C2 Assessments (reporting years 7 and 10)	C2 Assessments (reporting years 7 and 10)	Term 4 Data Input 2 (24/03)	Data Day (06/03) Planning Day (07/03) Data Input (Year 11) (07/03)	Share Results		
	Training Principles  Principles of training and measuring intensity	Training Principles  Reasons and pre- test procedures and Aerobic/muscular endurance tests	Fitness Testing  Flexibility, strength, body composition and speed tests	Fitness Testing  Co-ordination, power, agility and balance tests	Fitness Testing  Reaction time and interpretation of tests	Fitness Testing  Warming up and cooling down	Principles of Training and Fitness Tests Assessment	DIRT	Training Methods  Co-ordination and reaction time	Provision  Public, private and voluntary provision	Motivational Techniques  Types of motivation	Motivational Techniques  Goal Setting	Components of Fitness, tests and training  Revision
Cycle 3	W/C 31/03 B	W/C 21/04 A	W/C 28/04 B	W/C 05/05 A	W/C 12/05 B	W/C 19/05 A	W/C 02/06 B	W/C 09/06 A	W/C 16/06 B	W/C 23/06 A	W/C 30/06 B	W/C 07/07 A	W/C 14/07 B
	Academy Holiday 31/03 Eid	Term 5 Bank Holiday (21/04)		Bank Holiday (05/05)	GCSE Examinations*	GCSE Examinations*	Term 6 GCSE Examinations* 06/06 Possible Eid C3 Assessments	GCSE Examinations*  C3 Assessments	GCSE Examinations*  C3 Assessments	C3 Assessments	Data Input 3 for Year 9 & 10 30/06	Data Input 3 for Year 7 & 8 7/07	Share Results
	Components of Fitness, tests and training  Revision	Components of Fitness, tests and training  Revision	Provision, programme design and motivation	Provision, programme design and motivation  Revision	Boosters	Boosters							

# GCSE PE 2024 - 2025

## Year 11 Long Term Plan



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	W/C 26/08	W/C 02/09 A	W/C 9/09 B	W/C 16/09 A	W/C 23/09 B	W/C 30/10 A	W/C 07/10 B	W/C 14/10 A	W/C 04/11 B	W/C 11/11 A	W/C 18/11 B	W/C 25/11 A	W/C 02/12 B
	Term 1 Bank Holiday (26/08)  Staff Data & Planning Days 27/08 & 28/08						C1 Assessments (reporting years 8 and 9)	C1 Assessments (reporting years 8 and 9)	Term 2 Data Input 1 (04/11)*	Data Day (14/11) Planning Day (15/11)  Potential weeks for Y11 Mock Examinations	Share Results  Potential weeks for Y11 Mock Examinations	Potential weeks for Y11 Mock Examinations	Mock Data Input (06/12)
		Chapter 5c/5b	Recap Chapter 5 Commercialisation	Chapter 5 Socio cultural influences	Chapter 5 Ethical issues	Chapter 6 Health and fitness	Chapter 6 Sedentary Lifestyle and Obesity	Chapter 6 Somatotypes	Chapter 6 Nutrition	Mock Exam	Chapter 6 Sugar content of drinks	Chapter 2: Planes and Axes	Chapter 2: Levers and Mechanical advantage
Cycle 2	W/C 9/12 A	W/C 16/12 B	W/C 06/01 A	W/C 13/01 B	W/C 20/01 A	W/C 27/01 B	W/C 03/02 A	W/C 10/02 B	W/C 24/02 A	W/C 03/03 B	W/C 10/03 A	W/C 17/03 B	W/C 24/03 A
			Term 3				C2 Assessments (reporting years 7 and 10)	C2 Assessments (reporting years 7 and 10)	Term 4 Data Input 2 (24/03)	Data Day (06/03) Planning Day (07/03) Data Input (Year 11) (07/03)	Share Results		
	Chapter 8 Identify individual sports/ strengths and weaknesses	Y11 Examinations	Y11 Examinations	Chapter 8 Assessment of activities	Chapter 8 Analysis and evaluation	Chapter 8 Recap of strengths and weaknesses	Revision 1C: Recovery processes  Understanding command words	Assessment 2: Antagonistic Muscle Pairs  2: Muscle Contractions	1A: Bones that form joints and location 1A: location of muscles and movement at joints	Review Skeletal System Locations, structure and functions Skeletal System Synovial Joints	Revision Cardio respiratory System Pathway of Air and Gaseous Exchange	Revision Cardio respiratory System Mechanics of breathing and lung volumes	Revision Cardiovascular System Blood vessels Cardiovascular System Redistribution of blood
Cycle 3	W/C 31/03 B	W/C 21/04 A	W/C 28/04 B	W/C 05/05 A	W/C 12/05 B	W/C 19/05 A	W/C 02/06 B	W/C 09/06 A	W/C 16/06 B	W/C 23/06 A	W/C 30/06 B	W/C 07/07 A	W/C 14/07 B
	Academy Holiday 31/03 Eid	Term 5 Bank Holiday (21/04)		Bank Holiday (05/05)	GCSE Examinations*	GCSE Examinations*	Term 6 GCSE Examinations*  06/06 Possible Eid  C3 Assessments	GCSE Examinations*  C3 Assessments	GCSE Examinations*  C3 Assessments	C3 Assessments	Data Input 3 for Year 9 & 10 30/06	Data Input 3 for Year 7 & 8 7/07	Share Results
	Revision Energy Systems Anaerobic exercise and EPOC	Revision Effects of exercise immediate and short term effects of exercise	Revision Planes and Axes	Revision Components of Fitness  Link components of fitness to required COF.	Revision Components of Fitness  Understand how to measure components of fitness using FT	1B: Cardiovascular system (redistribution of blood)	Revision Cardiovascular System Blood vessels Cardiovascular System	Examinations How to optimize training and prevent injury Understand how to calculate intensities to optimize training	Examinations Boosters	Examinations Boosters			

							Redistribution of blood						
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