

Year 9 GCSE PE Overview: 2017 - 2018

Your GCSE PE course is spread over 3 years to ensure we have plenty of time to cover all of the theoretical, practical and coursework aspects of the course in as much detail as possible.

- You will have 3 lessons per week for GCSE PE. One lesson will be practical and two lessons will be theory. These will be allocated once the yearly/whole school timetable has been completed each year.
- Below you will find an overview of the course through the year but this will be subject to change due to a number of different reasons
- At the end of every topic you will sit an end of topic test. These will be recorded in your assessment books and grades along with practical scores will determine your CAL.

HALF TERM	WEEK	THEORY	Knowledge Organiser	PRACTICAL
1	1	<i>Components of Fitness: PRACTICAL: Fitness Testing (Health)</i>	1.2a	Badminton
	2	<i>Components of Fitness: Fitness Testing: Methodology/Reliability/Validity</i>	1.2a	
	3	<i>Components of Fitness: Skill Related Fitness Components</i>	1.2a	
	4	<i>Components of Fitness: PRACTICAL: Fitness Testing (Skill)</i>	1.2a	
	5	<i>Components of Fitness: PRACTICAL: Fitness Testing (Skill)</i>	1.2a	
	6	<i>Components of Fitness: PRACTICAL: Training Methods: 1</i>	1.2a	
	7	<i>Components of Fitness: PRACTICAL: Training Methods: 2</i>	1.2a	
HALF TERM HOLIDAY				
2	1	Principles of Training	1.2b	Handball
	2	Functions of the Skeletal Structure & Synovial Joints	1.1a	
	3	Movements at Joints	1.1a	
	4	Names & Functions of Muscles	1.1b	
	5	Names & Functions of Muscles	1.1b	
	6	Muscles in Action: Antagonistic Pairs	1.1b	
	7	Muscles in Action: Antagonistic Pairs	1.1b	
CHRISTMAS HOLIDAY				
3	1	Levers	1.1c	Basketball
	2	Levers	1.1c	
	3	Axes and Planes	1.1c	
	4	Axes and Planes	1.1c	
	5	Catch up week		
HALF TERM HOLIDAY				
4	1	Cardiovascular system	1.1d	Table Tennis
	2	Cardiovascular system	1.1d	
	3	Cardiovascular system	1.1d	
	4	Respiratory system	1.1d	
	5	Respiratory system	1.1d	
	6	Respiratory system	1.1d	
EASTER HOLIDAY				
5	1	Movement Analysis	1.1c	Athletics
	2	Movement Analysis	1.1c	
	3	Movement Analysis	1.1c	
	4	Injury prevention	1.2c	
	5	Injury Prevention	1.2c	
	6	Catch up week		
HALF TERM HOLIDAY				
6	1			Tennis / Cricket
	2	JS587/01 REVISION		
	3			
	4	Targeted Intervention		
	5			
	6	MOCK PRACTICAL MODERATION		
	7			
SUMMER HOLIDAY				