

GCSE PE Scheme of Work outline

	<b><i>Autumn term</i></b>	<b><i>Spring term</i></b>	<b><i>Summer term</i></b>
<b><i>Year 1</i></b>	<ul style="list-style-type: none"> <li>• Healthy active lifestyles</li> <li>• Influences on your healthy, active lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>• Exercise and fitness as part of your healthy, active lifestyle</li> <li>• Physical activity as part of your healthy, active lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>• Your personal health and well being</li> <li>• Practical sport</li> <li>• Physical activity and your healthy mind and body</li> </ul>
<b><i>Year 2</i></b>	<ul style="list-style-type: none"> <li>• Personal Exercise Plan (PEP coursework)</li> <li>• A healthy active lifestyle and your cardiovascular system</li> <li>• A healthy active lifestyle and your respiratory system</li> </ul>	<ul style="list-style-type: none"> <li>• A healthy active lifestyle and your muscular system</li> <li>• A healthy active lifestyle and your skeletal system</li> </ul>	<ul style="list-style-type: none"> <li>• Exam focus and practice</li> </ul>