



GCSE PE CURRICULUM PLAN 2021/2022

WEEK	Teacher 1	Teacher 2	Teacher 3
1	Sporting behaviours	Badminton Game play	Components of fitness
2	Sporting behaviours	Badminton serve	Components of fitness
3	Deviance and PED	Badminton overhead clear	Fitness tests
4	PED	Badminton game play	Fitness tests
5	PED	Badminton skills: lift, drop	Methods of training
6	Assessment	Mock Badminton Assessment	Assessment
7	PEP introduction, PAR-Q	Badminton intervention	Methods of training
8	PEP: write up	Badminton video assessment	Principles of training
9	PEP: write up	Badminton video assessment	Principles of training
10	Physical, emotional and social health	Table tennis – push	Warm ups and cool downs
11	Lifestyles	Table tennis serve	Skeletal system
12	Assessment	Assessment	Assessment
13	Diet	Table tennis – game play	Skeletal system
14	Review and Student led practical	Review and Student led practical	Review and Student led practical
15	Goal setting	Table Tennis – drive and spin	Muscular system
16	Smart Targets	Table Tennis – video	Muscular system
17	PEP: Goal setting	Table Tennis video	Long term effects of training on musculo-skeletal system
18	Assessment	PEP: write up	Assessment
19	PEP: applying methods of training	PEP training	Cardiovascular System
20	PEP write up	PEP training	Cardiovascular system
21	Factors impacting on participation	PEP training	Long term effects of training on cardiovascular system
22	Skill Classification	PEP training	Respiratory system
23	Assessment	Assessment	Assessment
24	Forms of practice	PEP training	Classification of joints
25	Types of guidance	PEP final write up	Movement analysis
26	PEP: final write up	Practical videos catch up	Intervention/gap filling
27	Commercialisation and the media	Revision	Injury identification
28	Advantages and disadvantages of commercialisation	Assessment	Injury prevention
29	Revision	Revision	Revision
30	Revision	Assessment	Assessment
31	Revision	Revision	Revision
32	Revision	Revision	Revision
33	Revision	Revision	Revision
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