



JOURNEY DIAGRAM - GCSE PE - KS4

Year
10

Autumn 1

Autumn 2

Spring 1

Spring 2

Summer 1

Summer 2

- 1.1.a the structures and function of the skeletal system
- 1.1.b the structures and function of the muscular system
- 1.1.c movement analysis
- Practical team sport

- 1.1.d the cardiovascular and respiratory system
- 1.1.e effects of exercise on the body
- Practical team sport

- 1.2.a components of fitness
- 1.2.b applying the principles of training
- Practical team sport

- 1.2b applying the principles of training
- 1.2c preventing injury in physical activity and training
- Practical individual sport

- Analysis and Overview AEP Task
- Evaluation AEP Task
- Assessment of skills AEP Task
- Practical individual sport

- Characteristics of skillful movement
- Classification of skills
- Movement Analysis AEP task
- Practical individual sport

Year
11

Summer 2

Summer 1

Spring 2

Spring 1

Autumn 2

Autumn 1

- Socio-cultural issues and sports psychology recap

- Physical factors affecting performance recap

- 2.1.c ethical and socio-cultural issues in physical activity and sport
- 2.2 sports psychology

- 2.1.a engagement patterns of different social groups in physical activities and sports
- 2.1.b commercialisation of physical activity and sport
- Practical team sport

- 1.1.a the structures and function of the skeletal system
- 1.1.b the structures and function of the muscular system
- 1.1.c movement analysis
- Practical team sport

