Physical Education GCSE 2026-7

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	**APPLIED ANATOMY & PHYSIOLOGY** *Musculoskeletal System* **MOVEMENT ANALYSIS** *Planes & Axis* *Lever Systems*	**APPLIED ANATOMY & PHYSIOLOGY** *Musculoskeletal System* *Cardiorespiratory System* *Aerobic & Anaerobic Exercise*	**PHYSICAL TRAINING** *Components of Fitness* *Principles of Training* *Training Methods*	**PHYSICAL TRAINING** *Injury Prevention & Safety* *Fitness Testing* **USE OF DATA** *Qualitative vs Quantitative*	**NON - EXAM ASSESSMENT** *Analysis & Evaluation*	**NON - EXAM ASSESSMENT** *Analysis & Evaluation* **REVISION** *Paper 1 Mock*
11	**SPORTS PSYCHOLOGY** *Classification of Skills* *Goal Setting* *Information Processing*	**SPORTS PSYCHOLOGY** *Guidance & Feedback* *Arousal & Anxiety* *Personality Types*	**SOCIO-CULTURAL INFLUENCES** *Engagement Patterns* *Commercialisation & Media* *Technology in Sport* *Ethical & Socio-cultural Issues*	**HEALTH, FITNESS & WELL-BEING** *Health & Fitness* *Sedentary Lifestyles* **NON - EXAM ASSESSMENT** *Analysis & Evaluation*	**REVISION** *Paper 1 & 2*	