Class of 2026 GCSE - PE

Long Term Plan 2021-22

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	**W/C 30/08**	**W/C 06/09**	**W/C 13/09**	**W/C 20/09**	**W/C 27/09**	**W/C 04/10**	**W/C 11/10**	**W/C 01/11**	**W/C 08/11**	**W/C 15/11**	**W/C 22/11**	**W/C 29/11**	**W/C 06/12**
		Applied Anatomy & Physiology Bones of the skeleton	**Applied Anatomy & Physiology** Structure and functions of the skeleton	**Applied Anatomy & Physiology** Muscles	**Applied Anatomy & Physiology** Muscle contractions: Isotonic and isometric, concentric and eccentric	**Applied Anatomy & Physiology** Muscle contractions: Isotonic and isometric, concentric and eccentric	**Applied Anatomy & Physiology** Structure of a synovial joint and types of freely movable joints	**Applied Anatomy & Physiology** Movements at joints	**Applied Anatomy & Physiology** Movements at joints	**Applied Anatomy & Physicology** Cardio-respiratory system Heart & Arteries	**Applied Anatomy & Physicology** Cardio-respiratory system Blood & Blood vessels	**Mini Test** Assessment of the topics covered up to this point	**DIRT** Feedback from the Mini Test
		Remote Task: **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**
Cycle 2	**W/C 13/12**	**W/C 03/01**	**W/C 10/01**	**W/C 17/01**	**W/C 24/01**	**W/C 31/01**	**W/C 07/02**	**W/C 14/02**	**W/C 28/02**	**W/C 07/03**	**W/C 14/03**	**W/C 21/03**	**W/C 28/03**
	Applied Anatomy & Physiology The pathway of air	**Applied Anatomy & Physiology** Gaseous Exchange	**Applied Anatomy & Physiology** Mechanics of breathing	**Applied Anatomy & Physiology** Lung volumes	**Applied Anatomy & Physiology** Aerobic & Anaerobic exercise	**Reducing the risk of sports injuries** Focussing on warm up and cool downs	**Reducing the risk of sports injuries** Focussing on warm up and cool downs	**Physical Training** Components of fitness	**Physical Training** Fitness Testing Practical & Theory combined	**Physical Training** Fitness Testing Practical & Theory combined	**Mini Test** Assessment of the topics covered up to this point from Cycle 1 & 2	**DIRT** Feedback from the Mini Test	Using data from QLA, closing any gaps in learning
	Remote Task: **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**
Cycle 3	**W/C 04/04**	**W/C 25/04**	**W/C 02/05**	**W/C 09/05**	**W/C 16/05**	**W/C 23/05**	**W/C 06/06**	**W/C 13/06**	**W/C 20/06**	**W/C 27/06**	**W/C 04/07**	**W/C 11/07**	**W/C 18/07**
	Physical Training Fitness Testing: Data collection	**Physical Training** Fitness Testing: Data collection	**Physical Training** Methods of training Practical & Theory combined	**Training** Methods of training Practical & Theory combined	**Physical Training** Methods of training Practical & Theory combined	**Physical Training** Develop fitness training programme	**Physical Training** Develop fitness training programme	**Physical Training** Carrying out fitness training programme	**Physical Training** Carrying out fitness training programme	**Physical Training** Fitness Testing Practical & Theory combined	**Mock Exam**	**DIRT** Feedback from the Mini Test	Using data from QLA, closing any gaps in learning
	Remote Task: **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**	**Remote Task:** **Resources:**