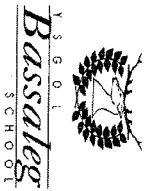


**GCSE PHYSICAL EDUCATION**



**TIMETABLE FOR PRACTICAL ACTIVITIES**  
**TAKING PLACE DURING LESSON TIMES**

**AUTUMN TERM**

**WINTER TERM**

**SUMMER TERM**

**YEAR 10**  
 HEALTH, FITNESS AND WELL-BEING ACTIVITIES  
 PLANNING AN EXERCISE PROGRAMME  
 FITNESS TESTING,  
 TRAINING METHODS  
 EVALUATION OF FITNESS PROGRAMME.

**HALF TERM**

RUGBY  
 OR  
 HOCKEY

FOOTBALL  
 OR  
 NETBALL

**HALF TERM**

HEALTH, FITNESS AND WELL-BEING ACTIVITIES  
 APPLICATION OF PRINCIPLES OF TRAINING

TENNIS  
 OR  
 ATHLETICS  
 OR  
 BASEBALL

**HALF TERM**

TENNIS  
 OR  
 ATHLETICS  
 OR  
 BASEBALL

DEPENDING ON NUMBERS AND INDIVIDUAL CHOICES MADE BY PUPILS

**YEAR 11**

RUGBY & HOCKEY

FINAL ASSESSMENT

**HALF TERM**

ORIENTEERING  
 (All groups)

HEALTH, FITNESS AND WELL-BEING ACTIVITIES  
 COMPLETION OF LESSON PLAN SHEET  
 ALL OUTSIDE MODERATED ACTIVITIES  
 NEED TO BE COMPLETED

**HALF TERM**

FOOTBALL AND NETBALL FINAL ASSESSMENT  
 COMPLETION OF HEALTH, FITNESS AND WELL-BEING ACTIVITIES  
 AND MODERATION WORK

PRACTICAL ACTIVITIES RELATED TO THEORY WORK

OTHER PRACTICAL ACTIVITIES MIGHT TAKE PLACE DURING LUNCH HOURS OR AFTER SCHOOL.  
**YOUR TEACHER WILL KEEP YOU INFORMED.**