

# Year 10 GCSE PE Road Map 2021 - 2022



Year  
Eleven

Personal exercise programme – testing and training

Practical focused fitness testing and training

Personal exercise programme – introduction and planning

Types and prevention of injury

Performance enhancing drugs

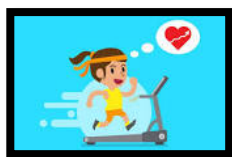
Summer Term



Assessment



Principles of Training



Health, Fitness & Exercise



Component of Fitness

Topic Recap - Long term effects of exercise on the cardio-respiratory and Musculo-skeletal system

Football, Table Tennis, Handball

Fitness Testing

Methods of Training

Spring Term



Muscular and Skeletal Systems

Long and Short term effects of exercise on the cardiovascular and respiratory systems

Long and short term effects of exercise on the muscular and skeletal systems

Rugby, Badminton, Netball

The components and functions of the respiratory system



Course Introduction



Structure and function of the cardiovascular system

The components of the Cardiovascular System



# Year 11 GCSE PE Road Map 2021 - 2023

