



Long Term Plan

GCSE Physical Education

2020-2021	Autumn 1 7 weeks	Autumn 2 7 weeks	Spring 1 7 weeks	Spring 2 7 weeks	Summer 7 weeks	
Year 10	Health, Fitness and Well-being Health and Performance	Applied Anatomy and Physiology Fitness and Body Systems	Applied Anatomy and Physiology Fitness and Body Systems	Movement Analysis Fitness and Body Systems	Sport Psychology Health and Performance	Sport Psychology Health and Performance
Year 11	Sport Psychology Health and Performance	Socio-cultural Influences Health and Performance	Physical Training Fitness and Body Systems	Physical Training Fitness and Body Systems	Revision Fitness and Body Systems Health and Performance	Revision Fitness and Body Systems Health and Performance