

Year 10 GCSE PE Route Map 2022-2023

w/b	week	Cycle Week	Teaching and Assessment Cycle Details
5 Sept	1	1.1	The skeletal system
12 Sep	2	1.2	Joints and movement
19 Sep	3	1.3	Muscular system
26 Sep	4	1.4	Antagonistic pairs of muscles
3 Oct	5	1.5	Types of movement
10 Oct	6	1.6	Connective tissues and linkage
17 Oct	7	1.7	Mid Cycle Assessment- How do bones muscles and joints work together to create movement
24 Oct			Half Term
31 Oct	8	1.8	Respiratory system
7 Nov	9	1.9	Cardiovascular system
14 Nov	10	1.10	Knowledge Assessment + Blood vessels
21 Nov	11	1.11	Assessment week – Anatomy and physiology in sport
28 Nov	12	1.12	Super Teaching Week
5 Dec	13	2.1	Anaerobic and aerobic exercise
12 Dec	14	2.2	Link between aerobic/anaerobic and sporting movement
19 Dec			Christmas
2 Jan	15	2.3	Mid Cycle Assessment- Anaerobic and aerobic
9 Jan	16	2.4	Components of fitness
16 Jan	17	2.5	Fitness testing
23 Jan	18	2.6	Warm up/cool down
30 Jan	19	2.7	Methods of training
6 Feb	20	2.8	Methods of training
13 Feb		2.9	Half term
20 Feb	21	2.9	Principles of training
27 Feb	22	2.10	Training Thresholds
6 Mar	23	2.11	Knowledge Assessment
13 Mar	24	2.12	Assessment Week- Training programmes
20 Mar	25	2.13	Super Teaching Week
27 Mar	26	3.1	Sports Psychology- Skill vs ability
3 Apr			Easter
10 Apr			Easter
17 Apr	27	3.2	Classification of Skill
24 Apr	28	3.3	Goals and target setting
1 May	29	3.4	Information processing and performance
8 May	30	3.5	Feedback and performance
15 May	31	3.6	Mid Cycle Assessment- information processing
22 May			Half Term
31 May	32	3.7	Arousal
	33	3.8	Aggression
20 Jun	34	3.9	Knowledge assessment: Motivation and personality
27 Jun	35	3.10	Assessment Week
4 Jul	36	3.11	Super Teaching Week
11 Jul	37	3.12	Super Teaching Week/ Subject Enrichment
19 Jul	38		Enrichment Week / Work Experience

