RAG Lesson 1 Lesson 2 Lesson 3 Lesson 4 Lesson 5    1	Exams		EUA	Classroom	Practical	Application	Assesment/Revision/Recall	Practical Theory	**Practical lesson available	
Recall and revision from Y10 and Y9/NEA Completion  Recall from Y10/Cover Psychology missed work/ NEA Completion  Recall from Y10/Cover Psychology missed work/ NEA Completion  Salary Completion  Recall from Y10/Cover Psychology missed work/ NEA Completion  Salary Completion  Register Patterns - 9 markers  Commercalisation  Advantages and disadvantages of PEDs and Blood Doping on performers  Reasons for participation Fitness, October half term  October half term  Obesity and Somatotypes to performers  Data Qualitative and Quantitative and Presenting Data Qualitative and Presenting Data  Revision and Recall for Mocks  CHRISTMAS  NEA IMPROVEMENT  FEB Half term  Pignal Sulary Completion  Salary Carbohydrates, fats, protein, vitimins and minerals  NEA IMPROVEMENT  FEB Half term  Pignal Sulary Carbohydrates, fats, protein, vitimins and minerals  NEA IMPROVEMENT  FEB Half term  Pignal Sulary Carbohydrates, fats, protein, vitimins and presenting Data  Presenting Data  Revision and Recall for Mocks  Final Sulary Carbohydrates, fats, protein, vitimins and minerals  Revision and Recall for Mocks  FEB Half term  Pignal Sulary Carbohydrates, fats, protein, vitimins and minerals  Revision and Recall for Mocks  FEB Half term  Pignal Sulary Carbohydrates, fats, protein, vitimins and presenting Data  Pignal Sulary Carbohydrates, fats, protein, vitimins and presenting Data  Revision and Recall for Mocks  FEB Half term  Pignal Sulary Carbohydrates, fats, protein, vitimins and presenting Data  Pignal Sulary Carbohydrates, fats, protein, vitimins and presenting Data  Revision and Recall for Mocks  FEB Half term  Pignal Sulary Carbohydrates, fats, protein, vitimins and presenting Data  Pignal Sulary Carbohydrates, fats, protein, vitimins and presenting Data  Pignal Sulary Carbohydrates, fats, protein, vitimins and presenting Data  Pignal Sulary Carbohydrates, fats, protein, vitimins and presenting Data  Pignal Sulary Carbohydrates, fats, protein, vitimins and presenting Data  Pignal Sulary Carbohydrates, fats, protein, vitimins and	Wk No	Sc WK			Exam PE Year 1	0 (2025-25) Calendar - The	ory		Assessment Opportunities	Resources
Recall and revision from Y10 and Y9/NEA Completion  Recall from Y10/Cover Psychology missed work/ NEA  Regagement Patterns - 9 markers  Commercalisation  Advantages and disadvantages of PEDs and Blood Doping on performers  Reasons for participation Fitness,  October half term  October half term  Obesity and Somatotypes to performers  Pata Qualititative and Quantitative and Quantitative and Presenting Data Qualititative and Presenting Data  Revision and Recall for Mocks  CHRISTMAS  Revision and Recall for Mocks  Final sud and terminary in the Media  Revision and Recall for Mocks  Final sud and terminary in the Media  Revision and Recall for Mocks  Final sud and terminary in the Media  Revision and Recall for Mocks  Final sud and terminary in the Media  Revision and Recall for Mocks  Final sud and terminary in the Media  Revision and Recall for Mocks  Final sud and terminary in the Media  Revision and Recall for Mocks  Final sud and terminary in the Media  Revision and Recall for Mocks  Final sud and terminary in the Media  Revision and Recall for Mocks  Final sud and terminary in the Media  Revision and Recall for Mocks  Final sud and terminary in the Media Blood Mechanics of breathing Skeletal  Analyse and evaluation of Skeletal  Revision and Recall for Mocks  Final sud and terminary in the Media Blood Mechanics of breathing Skeletal  Analyse and evaluation of Blood Mechanics of breathing Skeletal  Recall from Mechanics of breathing Skeletal			RAG	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5		
Advantages and disadvantages of PEDs and Blood Doping on performers  Technology  Advantages and disadvantages of PEDs and Blood Doping on performers  Technology  Advantages and disadvantages of PEDs and Blood Doping on performers  Technology  Advantages and disadvantages of PEDs and Blood Doping on performers  Reasons for participation Fitness,  October half term  Obesity and Somatotypes of DIRT  Carbohydrates, fats, protein, vitimins and minerals  Protein, vitimins and minerals  Application of a Balanced diet on performance  Application of Obesity and Somatotypes to performers  Application of Desity and Somatotypes to performers  Application of Desity and Somatotypes to performers  Application of Desity and Somatotypes to performers  Analyses and evaluation of Data  Presenting Data  Revision and Recall for Mocks  CHRISTMAS  Final sultantive and Presenting Data  Revision and Recall for Mocks  Final sultantive and Presenting Data  Revision and Recall for Mocks  Final sultantive and Presenting Data  Revision and Recall for Mocks  Final sultantive and Presenting Data  Revision and Recall for Mocks  Final sultantive and Presenting Data  Revision and Recall for Mocks  Final sultantive and Presenting Data  Revision and Recall for Mocks  Final sultantive and Presenting Data  Revision and Recall for Mocks  Analyses and evaluation of Data  Presenting Data  Analyses and evaluation of Data  Presenting Data  Analyses and evaluation of Data					Recall and revision	on from Y10 and Y9/NEA Co	ompletion		S410	
4 2 Completion Engagement Patterns - 9 markers Commercialisation  5 1 Sponsorship The Media Technology Advantages and disadvantages of PEDs and Blood Doping on performers  7 1 Conduct of performers Hooliganism Revision for EUA EUA Participation Fitness, October half term  9 1 Corbohydrates, fats, protein, vitinins and minerals Hydration Application of a Balanced diet on performance Presenting Data Presenting Data Presenting Data Revision and Recall for Mocks  CHRISTMAS  CHRISTMAS  Final Sul and te mark  10 2 Final Sul and te mark  11 1 I Revision and Evaluate Analyse Justify  FEB Half term  22 2 1 I I Identify and Explain Discuss Evaluate Analyse Justify  FEB Half term  23 1 1 Page Analyses Respirationy system Respirationy system Movement at synovial Planes and Axes + Levers Spirometer trace Spirometer trace Planes and Axes + Levers Pl	3			Recall from Y10/Cover Psyc	chology missed work/ NEA				S410	
Sponsorship The Media Technology Blood Doping on performers    Technology	4	2				Engagement Pati	terns - 9 markers	Commercalisation		
Conduct of performers   Hooliganism   Revision for EUA   EUA   Participation Fitness,	5	1		Sponsorship	The Media	Technology	——————————————————————————————————————		S410	
Revision for EUA EUA participation Fitness,    Sedentary lifestyle   Sedentary lifestyle	6	2		эропэотэттр	The Wiedla	recimology	Blood Doping o	n performers		
Revision for EUA  10 2 DIRT  Sedentary lifestyle  11 1 Carbohydrates, fats, protein, vitimins and minerals  13 1				Conduct of performers	Hooliganism				S410	
9 1	8	2			11 01 1		EUA	participation Fitness,		
Carbohydrates, fats, protein, vitimins and minerals   Hydration   Hydration   Hydration   Application of a Balanced diet on performance   Presenting Data   Analyses and evaluation of Data	9	1				October han term			S410	
11 1 Carbohydrates, fats, protein, vitimins and minerals Hydration Hydration Application of a Balanced diet on performance Presenting Data Quantitative and Quantitative and Presenting Data Revision and Recall for Mocks  Revision and Recall for Mocks  CHRISTMAS  CHRISTMAS  Final sut and temperature and Presenting Data Revision and Recall for Mocks  Revision and Recall for Mocks  Final sut and temperature and Presenting Data Revision and Recall for Mocks  CHRISTMAS  Final sut and temperature and Presenting Data Quantitative and Quantitative and Presenting Data  Revision and Recall for Mocks  Final sut and temperature and Presenting Data Quantitative and Quantitative and Quantitative and Presenting Data  Revision and Recall for Mocks  Final sut and temperature and Presenting Data  Final sut and temperature and Presenting Data  Final sut and temperature and Presenting Data  Planes and Average Plan				DIRT	Sedentary lifestyle	Obesity and Somatptypes		Energy use	3.20	
12 2	11	1			, ,	Application of a Balanced	Data Qualtitative and	Analyses and evaluation	S410	
Revision and Recall for Mocks   Revision and Recall for Mocks	12	2			Hydration					
14   2							Revision and Rec	call for Mocks	S410	
CHRISTMAS    16   2				D	ovicion and Docall for Macks					
16	15			K	evision and Recall for Mocks					
NEA IMPROVEMENT  Sequence  Nea Improvement at synovial planes and Axes + Levers   Spirometer trace   Square   Squa						CHRISTMAS				
NEA IMPROVEMENT   Separation of Blood   Mechanics of breathing   Skeletal									Final submission	
19 1   1   20 2   2   1   1   20   20   20						NEA IMPROVEMENT			and teacher	
20 2 1 1									marking	
FEB Half term  22 2 1 9 Markers Redistribution of Blood Mechanics of breathing Skeletal  34 2 Muscular system Respiratiory system Respiratiory system Planes and Axes + Levers Spirometer trace				Identify and Evoluin	Discuss	Evaluato	Analysa	luctify	S410	
22     2       23     1       24     2       Muscular system     Respiratiory system       Movement at synovial     Planes and Axes + Levers       Planes and Axes + Levers     Spirometer trace       S4	21	1		identity and Explain	Discuss		Arialyse	Justily		
23 1 Muscular system Respiratiory system Movement at synovial Planes and Axes + Levers Spirometer trace	22					FEB Half term			0.410	
24 2 Muscular system Respiratiory system Movement at synovial Planes and Axes + Levers Spirometer trace				9 Mar	kers	Redistribution of Blood	Mechanics of breathing	Skeletal	S410	
25   1   Joints	24	2		Muscular system	Respiratiory system		Planes and Axes + Levers	Spirometer trace	S410	
	26	2		EPOC		·	Fitness testing	* *	S410	

28	2	Evaluate components of fitness	Application of Methods of training	Evaluation of Methods of training		S410
		2 222	,	EASTER		
29	1					
30	2	Toachor Docanod Evam and	I Practical Tochnique and pre	paration using class data	and assessments plus TEL infographics to inform	S410
31	1	reactier Desgried Exam and	i Fracticai Technique and pre	revision	and assessments plus TEE imographics to imorni	
32	2			TEVISION		S410
				MAY Half term		
33	1					
34	2					
35	1					
36	2			Exams!!!		
37	1					
38	2					
39	1					

Wk No	Sc Week	TEL Topic
1	1	Engagement Patterns
2	2	Commercalisation
3	1	Types of sponsortship and Media
4	2	Impact of sponsorship and media
5	1	Impact of technology
6	2	Conduct of performers
7	1	Contract to compete
8	2	Anabolic steriods
_	Half term	Beta Blockers and Diuretics
9	1	Blood Doping
		Advantages and Disadvantages of
10	2	PEDs
11	1	Health and Wellbeing
12	2	Reasons for participation
13	1	Sedentary Lifestyles
14	2	Obesity
15	1	Somatotype
13		Energy Use
Christm	as break	Reason for a balanced Diet
16	2	oles of carbs, fats, proteins, vit and mins
17	1	Hydration
18	2	Check point 1
19	1	Check point 2
20	2	Check point 3
21	1	Check point 4
	Half term	Check point 5
22	2	Check point 6
23	1	Check point 7
24	2	Check point 8
25	1	Check point 9
26	2	Check point 10
	_	Check point 11
Easter	break	Check point 12
27	1	Check point 13
28	2	
29	1	
30	2	
31	1	
32	2	Exams
	alf term	Revision
33	1	
34	2	

35	1
36	2
37	1
38	2
39	1