

		EUA	Classroom	Practical	Application	Assesment/Revision/Recall	Practical Theory	**Practical lesson	Resources	
Wk No		Sc WK	Exam PE Year 9 (2025-26) Calendar - Theory						Assessment Opportunities	7062 - Practical Theory of AQA GCSE PE Paper 1 v1.1.pdf
1	1	RAG	1	2	3	4	5		Revision Topic tests	
2	2		Names and Locations of Bones	Structure and function of the Skeletal system	Practical	Structure of a synovial joint **	Practical		Stimulating Scenarios	
3	1							S410	Topics on a Page	
4	2		Types of Joints	Movement at a Joint **	Practical	Application of Bones to sport **	Practical	Exit 1		
5	1							S410		
6	2		Names and Locations of muscles	Antagonitic pairs and Muscle contractions **	Practical	Application of Muscles and Antagonistic pairs **	Practical	S410		
7	1									
8	2		Recall - Bones and Mucles	Pathway of Air	Practical	Gaseous Exchange	Practical	Exit 2		
								S410		
October half term										
9	1		EUA Revision	EUA	Practical	Blood Vessels and Redistribution of Blood **	Practical			
10	2							S410		
11	1		Structure of the Heart	Cardiac Cycle **	Practical	DIRT	Practical			
12	2							S410		
13	1		Cardiac Output, Stroke volume, Heart rate - Antisipatory rise	Breathing **	Practical	Spirometer trace **	Practical			
14	2							S410		
15	1		Application of Aerobic and Anaerobic **	EPOC and Application to different sporting examples	Practical			Exit 3		
CHRISTMAS										
16	2		Recovery from vigarous exercise (Warm up, coole down, Ice baths/massage)	Effects of Exercise (Immediate, short and long) **				S410		
17	1		Levers and Mechanical advantage	Application of Levers **	Practical	Analysis of momvement in sporting examples	Practical	Exit 4	GCSE AQA PE Tricky Topics 3.1.2 Movement Analysis.docx	
18	2							S410		
19	1		Planes and axes	Application of Planes and Axes **	Practical	Health and fitness	Practical	Exit 5		
20	2							S410		
21	1		COF: Agility	COF: Balance and Flexibility						
FEB Half term										
COF: Must look at Defintions, linking to different sports and how to test	22	2	COF: Cardiovascular Endurance (Aerobic power)	COF: Coordination and Muscular endurance	Practical			S410		
	23	1	COF: Power and Strength	COF: Reaction Time and Speed	Practical	Reason for and Limitation of fitness testing	Practical			
	24	2						S410		
	25	1	Collecting and anaylsing fitness data	SPORT and FITT	Practical	Application of SPORT and FITT	Practical	Exit 6		
	26	2						S410		
Practical: Purpose, Advantages and Disadvantages, training	27	1	EUA Revision	EUA	Practical	Continuous Training	Practical		12105 - GCSE AQA PE Tricky Topics - 3.1.3 Physical Training.docx	
	28	2						S410		
EASTER										
	29	1	Interval Training	Fartlek Training	Practical	DIRT	Practical			
	30	2						S410		
	31	1	Circuit training **	Weight training **	Practical	Static stretching	Practical			
	32	2						S410		
MAY Half term										
Using the infographics to inform planning - NO PRACTICALL LESSONS	33	1	Plyometric Training	Calculating intensities **	Practical	Preventing Injury **	Practical	Exit 7		
	34	2						S410		
	35	1	Revision and Recall - preparation for EOY Assessment							
36	2	S410								
Teacher to ensure that practical data is correct through moderation	37	1	Practical Moderation (Netball, Handball, Football, Table Tennis, Climbing)							
	38	2							S410	
	39	1								
									Summer Homework	

[7062 - Practical Theory of AQA GCSE PE Paper 1 v1.1.pdf](#)  
[Revision Topic tests](#)  
[Stimulating Scenarios](#)  
[Topics on a Page](#)

[GCSE AQA PE Tricky Topics 3.1.2 Movement Analysis.docx](#)

[12105 - GCSE AQA PE Tricky Topics - 3.1.3 Physical Training.docx](#)

Wk No	Sc Week	TEL Topic
1	1	The Bones of the Skeleton
2	2	Structure of the Skeleton
3	1	Functions of the Skeleton
4	2	Structure of Joints
5	1	Types of Freely Movable Joints
6	2	Joint Movements
7	1	Checkpoint 1
8	2	Muscles of the Body
October Half term		
9	1	Antagonistic Pairs
10	2	Types of Contraction
11	1	Checkpoint 2
12	2	Pathway of Air and Exchange of Gases
13	1	Mechanics of Breathing
14	2	Transportation of O <sub>2</sub> and CO <sub>2</sub>
15	1	Lung Volumes
Christmas break		
16	2	Structure of the Blood Vessels
17	1	Structure of the Heart
18	2	Cardiac Cycle
19	1	Cardiac Volumes
20	2	Checkpoint 3
21	1	EPOC and Recovery
February Half term		
22	2	Recovery from Vigorous Exercise
23	1	Aerobic and Anaerobic Energy
24	2	Immediate and Short Term Effects of Exercise
25	1	Long Term Effects of Exercise
26	2	Checkpoint 4
Easter break		
27	1	Planes and Axes
28	2	Movement Patterns
29	1	Levers
30	2	Checkpoint 5
31	1	Health and Fitness
32	2	Components of Fitness
May Half term		
33	1	VO <sub>2</sub> max
34	2	Reasons and limitations for testing

35	1	Fitness Testing Pt1
36	2	Fitness Testing Pt2
37	1	Fitness Testing Pt3
38	2	Fitness Testing Data
39	1	Checkpoint 6
Summer Homework		Principles of Training
		Methods of Training 1
		Methods of Training 2
		Training Target Zones and Training Intensity
		Injury Prevention

Wk No	Sc Week	TEL Topic
1	1	The Bones of the Skeleton
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6	2	Joint Movements
7	1	Checkpoint 1
8	2	Muscles of the Body
October Half term		Recap test x1
9	1	Antagonistic Pairs
10	2	Types of Contraction
11	1	Checkpoint 2
12	2	Pathway of Air and Exchange of Gases
13	1	Mechanics of Breathing
14	2	Transportation of O <sub>2</sub> and CO <sub>2</sub>
15	1	Lung Volumes
Christmas break		Recap test x2
16	2	Structure of the Blood Vessels
17	1	Structure of the Heart
18	2	Cardiac Cycle
19	1	Cardiac Volumes
20	2	Checkpoint 3
21	1	EPOC and Recovery
February Half term		Recap test x1
22	2	Recovery from Vigorous Exercise
23	1	Aerobic and Anaerobic Energy
24	2	Immediate and Short Term Effects of Exercise
25	1	Long Term Effects of Exercise
26	2	Checkpoint 4
Easter break		Recap test x2
27	1	Planes and Axes
28	2	Movement Patterns
29	1	Levers
30	2	Checkpoint 5
31	1	Health and Fitness
32	2	Components of Fitness
May Half term		Recap test x1
33	1	VO <sub>2</sub> max
34	2	Reasons and limitations for testing
35	1	Fitness Testing Pt1

36	2	Fitness Testing Pt2
37	1	Fitness Testing Pt3
38	2	Fitness Testing Data
39	1	Checkpoint 6
Summer Homework		Principles of Training
		Methods of Training 1
		Methods of Training 2
		Training Target Zones and Training Intensity
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Where lessons impact Core PE - the Core PE class should move out of that space - i.e Climbing should move to OAA		Teacher				
		Impact Lesson 1				
		Impact Lesson 2				
Internal Exams	Week #			Year 9 GCSE		
	1-5	Date	Unit 1 5 weeks			
	6-10	Date	Unit 2 5 weeks			
	11-16	Date	Unit 3 5 weeks			
	17-21	Date	Unit 4 5 weeks			
	22-26	Date	Unit 5 5 weeks			
	27-32	Date	Unit 6 5 weeks			
	33-38	Date	Unit 7 5 weeks			