



Continue your lifelong love of learning and personal development

NEXT STEPS

Future Pathways Application to University through UCAS Graduate from University



UCAS



Paper 2 Exam



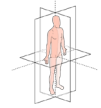
Practical Exam



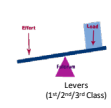
Warm up and Cool Down



Practical performances in both team and individual sports



Planes and Axis



Levers (1st/2nd/3rd Class)



Topic Test



Cardiovascular System



Skeletal System



Anatomy and Physiology



Paper 1 Exam

Revise for Component 1 and Component 2 Exam



Coursework Submission



Using Data



Performance Enhancing Drugs



Topic Test



Mechanical Advantage



Movement Analysis



Respiratory System

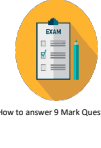


Muscular System

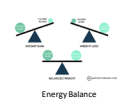
YEAR 11



Diet & Hydration



How to answer 9 Mark Questions



Energy Balance



Social- Cultural Influences



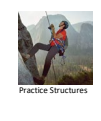
Commercialisation



Topic Test



Guidance and Feedback



Practice Structures



Coursework Completion



Mock Exam



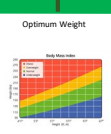
Topic Test



Lifestyle Choices and Unhealthy Lifestyles



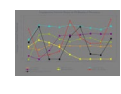
Health, Fitness and Well-being



Optimum Weight



Practical performances in both team and individual sports



Engagement Patterns



Sportsmanship & Gamesmanship



Psychology



Classifying Skill



Practical performances in both team and individual sports

Physical, Emotional & Social Health



Coursework Preparation



Topic Test Physical Training



Practical performances in both team and individual sports



Optimising Training



Skill

Principles of Training



Fitness Tests



Health and Fitness



Start your GCSE Course

YEAR 10

