

## Physical Education Department: KS4 Long Term Plan (Overview)

Year		Year 10		Year 11	
Term		Total no. of lessons	Units to be taught	Total no. of lessons	Units to be taught
Autumn	First Half Term <i>(7 weeks approximately)</i>	1 2 - 3  2 - 3	<ul style="list-style-type: none"> <li>• Course outline, aims, setting targets</li> <li>• 1.11 Healthy, active lifestyles and how they could benefit you.</li> <li>• 1.12 Influences on your healthy, active lifestyle.</li> </ul>	3	<ul style="list-style-type: none"> <li>• 1.14b Personal Exercise Programme.</li> <li>• 1.22 The healthy active lifestyle and the Cardiovascular system</li> </ul>
	Second Half Term <i>(8 weeks approximately)</i>	6  2	<ul style="list-style-type: none"> <li>• 1.13 Exercise and fitness as part of your healthy, active lifestyle.</li> <li>• 1.14 Physical activity as part of your healthy, active lifestyle.</li> </ul>	4	<ul style="list-style-type: none"> <li>• 1.23 The healthy active lifestyle and the Respiratory system</li> <li>• 1.24 The healthy active lifestyle and the Muscular System</li> <li>• Analysis of Performance</li> </ul>
Spring	First Half Term <i>(6 weeks approximately)</i>	6	<ul style="list-style-type: none"> <li>• 1.14 Physical activity as part of your healthy, active lifestyle.</li> </ul>	2  2 - 3	<ul style="list-style-type: none"> <li>• 1.25 The healthy active lifestyle and the Skeletal system.</li> <li>• Analysis of Performance</li> </ul>
	Second Half Term <i>(6 weeks approximately)</i>	6	<ul style="list-style-type: none"> <li>• 1.14 Physical activity as part of your healthy, active lifestyle.</li> </ul>	6	<ul style="list-style-type: none"> <li>• Revision and testing of units 1.21 – 1.25</li> <li>• Revision</li> <li>• Past papers</li> </ul>
Summer	First Half Term <i>(5 weeks approximately)</i>	4  3	<ul style="list-style-type: none"> <li>• 1.14 Physical activity as part of your healthy, active lifestyle.</li> <li>• 1.15 Your Personal Health and wellbeing</li> </ul>	3 - 4	<ul style="list-style-type: none"> <li>• Revision</li> <li>• Exam (Mid-late May)</li> </ul>
	Second Half Term <i>(6 weeks approximately)</i>	7	<ul style="list-style-type: none"> <li>• 1.21 Physical activity and your healthy mind and body. Somatotypes, optimum weight, terms to do with weight, drugs. risk assessment and injury prevention</li> <li>• 1.14b Personal Exercise Programme.</li> </ul>		