



Physical Education Year 10 Long Term Plan 2021-2022

Pearson Edexcel GCSE PE (Pupils will cover all the topics below and opt into different sports during their practical lessons)

Autumn Term 1 st Half	Autumn Term 2 nd Half
The structure of the musculo-skeletal system	The structure of the cardiorespiratory system
Spring Term 1 st Half	Spring Term 2 nd Half
The structure of cardiorespiratory system Anaerobic and Aerobic Exercise Levers and Mechanical Advantage Planes and axes of movement	Effective use of warm up and cool down The components of fitness, measurement and benefits to sport. The Principles of Training and application to PEP
Summer Term 1 st Half	Summer Term 2 nd Half
The Principles of Training and application to PEP The long term effects of exercise	The Principles of Training and application to PEP

Subject to COVID-19 restrictions and guidelines