

Edexcel GCSE PE Paper 1 Year Plan 2022-2023



Please, adapt this yearly plan for Edexcel GCSE PE Paper 1 to suit your department needs. You will find more information on how to use this plan in the blog post "[Ten Principles of my GCSE PE Classroom with my Yearly Plan 2022/23 Part 1](#)".

	Theory Lesson 1	Theory Lesson 2	Checkpoint	Skills	Content
5/9/22	Intro to course				
12/9/22		Checkpoint 1 * ¹	Checkpoint 1	Identify, Describe, Explain how * ²	Functions of the skeleton, Skeleton
19/9/22					
26/9/22	Checkpoint 2		Checkpoint 2	Identify, Describe, Illustrate, Explain why	Joint types, Joint structure and function, Movement at joints
3/10/22		Practical * ³			
10/10/22		Checkpoint 3	Checkpoint 3	Identify, Describe, Explain how, Illustrate	Muscles, Muscle pairs, Muscle fibre types
17/10/22	Practical recap				
24/10/22	Reading Week				
31/10/22		Checkpoint 4	Checkpoint 4	Identify, Describe, Explain how	Pathway of air, Gaseous exchange, mechanics of breathing, Breathing volumes
7/11/22					
14/11/22	Checkpoint 5	Practical	Checkpoint 5	All	Blood shunting and The blood
21/11/22					
28/11/22	Checkpoint 6	Practical	Checkpoint 6	Summarise, Describe, Explain, Evaluate	Structure and function of the respiratory systems, Composition of air, Mechanics and Gaseous exchange
5/12/22	Review	Review			
12/12/22	Review	Review			
19/12/22	Christmas Holiday				



26/12/22	Christmas Holiday				
2/1/23					
9/1/23	Checkpoint 7		Checkpoint 7	Define, Describe, Explain, Analyse	Energy and Energy sources, Aerobic and Anaerobic energy
16/1/23	Practical				
23/1/23	Checkpoint 8		Checkpoint 8	Describe, Explain, Discuss	Short and Long term effects of exercise
30/1/23		Checkpoint 9	Checkpoint 9	Illustrate, Describe, Compare	Lever, Planes and Axes
6/2/23	Practical				
13/2/23		Checkpoint 10	Checkpoint 10	Define, Plan, Conduct, Evaluate	Health, fitness and exercise and Components of fitness
20/2/23	Reading Week				
27/2/23					
6/3/23	Checkpoint 11		Checkpoint 11	Describe, Explain, Discuss	Fitness testing
13/3/23		Checkpoint 12	checkpoint12	Describe, Explain, Analyse	Principles of training, Intensities, Karvonen and Training methods
20/3/23					
27/3/23	Checkpoint 13		Checkpoint 13	Describe, Explain, Evaluate	Training methods
3/4/23		Review			
10/4/23	Easter Holiday				
17/4/23	Easter Holiday				
24/4/23	Checkpoint 14		Checkpoint 14	Describe, Explain, Compare	PARQ, Injuries and PEDs
1/5/23		Checkpoint 15	Checkpoint 15	Describe, Discuss	Warm ups and Cool downs
8/5/23					



15/5/23		Checkpoint 16	Checkpoint 16	Identify, Explain, Evaluate	Health and wellbeing and Lifestyle choices
22/5/23					
29/5/23	Reading Week				
5/6/23		Checkpoint 17	Checkpoint 17	Describe, Explain, Justify	Sedentary lifestyles + all of the above (since PARQ)
12/6/23					
19/6/23	Checkpoint 18		Checkpoint 18	Describe, Explain, Illustrate, Analyse	Nutrition, Energy balance and Hydration
26/6/23					
3/7/23		Checkpoint 19	Checkpoint 19	Describe, Explain, Justify	Classification and Practice
10/7/23	Diagnostic summer study prep			All	All

Notes

- *1 A checkpoint is a data extraction and should only include the developed skills and knowledge. However, later checkpoints should incorporate previous learned skills and knowledge which relate closely to the newly acquired knowledge and skills. For example, a checkpoint for levers, planes and axes is scheduled for the week commencing 23rd Jan. This checkpoint should include knowledge from the skeletal, muscular systems and movement.
- *2 Your teaching should be centrally focussed on the relevant skills for this content. For the functions of the skeleton and for the location of bones, the skills of identifying, describing and explaining are particularly important. For example, your focus for functions needs to be the AO2 (Explain) skill and how students are capable of linking the functions to the impact on performance and participation.
- *1 Practical lessons are an exemplification of theory learning. In this case, knowledge learning focuses on joints and movements and practical should be utilised to give this learning application and meaning.