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| **Subject: Physical Education** | | | | | | |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 10** | **Unit Name:**  How Exercise Affects the Body  **Unit Description:**  Learners will find out how exercise affects the body by carrying out tests and collecting and interpreting results | **Unit Name:**  How Exercise Affects the Body  **Unit Description:**  Learners will find out how exercise affects the body by carrying out tests and collecting and interpreting results | **Unit Name:**  Playing Sport  **Unit Description:**  Learners develop the skills and techniques needed for different sports and will review their own performance | **Unit Name:**  Playing Sport  **Unit Description:**  Learners develop the skills and techniques needed for different sports and will review their own performance | **Unit Name:**  Training for Fitness  **Unit Description:**  Learners develop skills in planning and delivering training sessions to improve fitness | **Unit Name:**  Training for Fitness  **Unit Description:**  Learners develop skills in planning and delivering training sessions to improve fitness |
| **Year 11** | **Unit Name:**  Playing Sport/Training for fitness  **Unit Description:**  Learners develop the skills and techniques needed for different sports and will review their own performance | **Unit Name:**  Playing Sport/Training for fitness  **Unit Description:**  Learners develop the skills and techniques needed for different sports and will review their own performance | **Unit Name:**  Developing a Personal Progression Plan  **Unit Description:**  Learners will develop the skills and behaviours needed to progress to the next stage in their learning, identifying progression opportunities and creating a plan to enable them to get there | **Unit Name:**  Developing a Personal Progression Plan  **Unit Description:**  Learners will develop the skills and behaviours needed to progress to the next stage in their learning, identifying progression opportunities and creating a plan to enable them to get there | **Unit Name:**  Developing a Personal Progression Plan  **Unit Description:**  Learners will develop the skills and behaviours needed to progress to the next stage in their learning, identifying progression opportunities and creating a plan to enable them to get there | Click or tap here to enter text. |