



Overview of the Year:

Y11 Learning Journey 2025-2026. Subject: PE GCSE

Exam Requirements: Your GCSE in PE is structured, and examined, in the following way:

Paper One:	Paper Two:	Practical NEA	Written NEA
30% Final Exam	30% Final Exam	30%	10%

Week Beginning	Paper 1: Miss Whelan Wed 3	Written NEA	Paper 2: Mr Downs Fri 4 & 5	Practical
8/09/25 15/09/25	The structure and functions of the musculoskeletal system : Bones, functions	None this half term	Skill / Ability & Classifications	<u>Football & Netball</u>
22/09/25 29/09/25	Synovial joints / types of movement		Goal Setting & Smart Targets	
06/10/25 13/10/25	Muscles / antagonistic muscle action /		Information Processing	
20/10/25 27/11/25	Pathway of air / gaseous exchange / blood vessels		Types of Guidance & Feedback Arousal Theory & Stress Management	
HALF TERM				
3/11/25	Redistribution of blood / Structure of the heart	None this half term	Rock Climbing / Assessment Prep	Rick Climbing
10/11/25	Cardiac cycle / Cardiac output		Rock Climbing / Assessment Prep	
17/11/25 24/11/25	Mechanics of breathing / Spirometer traces		Rock Climbing / Assessment Prep	Assessment Week One (24 th Novemebr)
1/12/25 8/12/25	Aerobic & Anaerobic exercise		Rock Climbing / Assessment Prep	
15/12/25	EPOC & Recovery	Staff hand back you NEA with feedback	Rock Climbing / Assessment Prep	
CHRISTMAS				

05/01/26 12/01/26	Short- & Long-Term effects of exercise	NEA modification	Aggression & Personality / Motivation	<u>Badminton</u>
19/01/26 26/01/26	Physical Training: Health & Fitness Components of fitness	NEA modification	Engagement patterns of different social groups and the factors affecting participation	
02/02/26 9/02/26	Components of fitness	NEA modification	Commercialisation	
HALF TERM				
23/02/26	Fitness Tests / Reasons & limitations of fitness testing / Demonstration of how data is collected for fitness testing	Hand in final written NEA	Conduct of performers / PEDS	Athletics
02/03/26 9/03/26	Principles of training		Spectator Behaviour	Assessment Week 2 (2nd March)
16/03/26 23/03/26	Types of Training		Health, Fitness, Well-being Sedentary lifestyle	
30/3/26				
EASTER				
20/04/26	Warming up and cooling down		Obesity	
27/04/26	Considerations to prevent injury / Assessment		Somatotypes	
4/05/26	Specific training techniques – high altitude training as a form of aerobic training		Energy Use & Nutrition	
11/05/26	Seasonal Aspects			
Exams Start 😊				

Exam Practice:

[GCSE Physical Education 8582 | Specification | AQA](#)

Please access the AQA website and you will see several past papers and mark schemes to practise.

Revision Materials:

<https://www.bbc.co.uk/bitesize/examspecs/zp49cwx>

Pearson REVISE AQA GCSE Physical Education Revision Workbook - for 2026, 2027 exams Paperback – 17 Jan. 2018 by [Jan Simister](#) (Author)

<p><u>Glossaries: Where to find them:</u></p> <p>Microsoft Teams Channel – GCSE PE</p>	<p><u>Advice and Guidance for Revision</u></p> <p>Spend time on both Paper 1 and Paper 2 topics. Practice longer answer questions at home and email or bring in to staff for feedback. Little and often will give you better results. Eg 20 mins 3 x a week on different topics and skills.</p>