



Practice papers

Paper 2

Exams  
& post  
16 study

# Revision

Assessment point

Course work  
submission

Paper 1

Final  
practical  
assessments

PINPOINT LEARNING



Ethics and  
behavior

Drugs in sport

Assessment point

## Paper 2 & Course work

Assessment point

Diet

Mental  
preparation

Feedback

Guidance

Course work

Assessment point

Classification of skill

Strategies to  
improve  
participation

Trends and patterns

Engagement  
patterns

## Paper 2

Goal setting

Commercialisation

Health, fitness  
and well being

Assessment point

Preventing injury

Skeletal  
system

Cardiovascular  
system

Effects of exercise

Respiratory  
system

## Paper 1

Assessment point

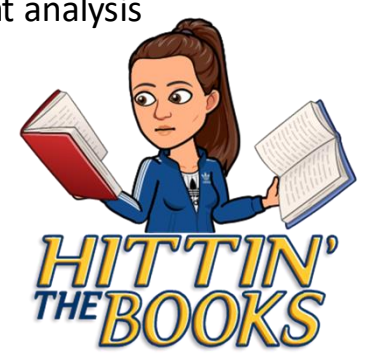
Fitness  
testing

Methods &  
Principles of training

Muscular system

Movement analysis

Component of  
fitness



KS4

GCSE PE Learning Journey