

Examinations and Controlled Assessment

Overview of the Year

Term	Topics Covered	Assessment
Autumn 1	Leadership Assignment A, B and C	Students plan and perform a sport session. 3 assignments.
Autumn 2	Training Methods Body Composition Fitness Types	Online exam (1 Hour)
Spring 1	Personal Fitness Assignment	Students plan, perform and evaluate a fitness programme. Three assignments to be completed.
Spring 2	Training Methods Body Composition Fitness Types	Online exam (1 Hour) Resit
Summer 1		
Summer 2		

Useful Websites

GCSE Bitesize PE

Revision Guides

All notes on Teams broken down into revision topics with exam questions.