**10-Week Plans (Year 11 and 13)**

Department: Physical Education

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|  | **Teaching and Learning** | **Assessment** | **Independent work** |
| **W.c. Mon 21 Feb** | AEP Final Session | NA | NA |
| **W.c. Mon 28 Feb** | Sport Psychology (goal setting, feedback & Guidance) |  | Past paper practice  |
| **W.c. Mon 7 Mar** |  | Component 2 Full Exam | Effects of exercise HW |
| **W.c. Mon 14 Mar** | Effects of exercise  |  | Participation rates |
| **W.c. Mon 21 Mar** | Participation in physical activity  |  |  |
| **W.c. Mon 28 Mar** | Types of Training |  | Component 1 past paper  |
| **Easter** |  |  |  |
| **W.c. Mon 18 Apr** | In class assessment  | Component 1 exam | Component 2 past papers  |
| **W.c. Mon 25 Apr** | In class assessment  | Component 2 exam  | Past paper questions |
| **W.c. Mon 2 May** | Cardiorespiratory system  |  | Past paper questions |
| **W.c. Mon 9 May** | Health, fitness, well being and diet  |  | Past paper questions  |
| **W.c. Mon 16 May** |  |  |  |
| **W.c. Mon 23 May** |  |  |  |