

Y11 GCSE PE Lesson by lesson breakdown and Homework timetable

January 2025 – May 2025

Complete the homework online during the week indicated. You are welcome to complete questions ahead of time. Tests must be completed to at least 60%, if 60% is not achieved, you must re-take the test.

These homework tasks are based on fact recall and building core knowledge. During lessons students will have more opportunity to apply this knowledge into exam style questions, focusing on exam technique and key mark points.

Homework will be posted each week on Microsoft TEAMS as a reminder.

Final GSCE PE Exams

Mon 19th May – Paper 1 Fitness and Body systems (Afternoon – 1h 30 mins)

Mon 9th Jun – Paper 2 Health and Performance (Afternoon – 1h 15 mins)

Week	Week Due	Homework Task
B	20 th January	Personal Exercise Programme (PEP) via TEAMS Assignment
A	27 th January	1. Personal Exercise Programme (PEP) via TEAMS Assignment 2. The Everlearner – Effects of Exercise
B	3 rd February	1. Personal Exercise Programme (PEP) via TEAMS Assignment 2. The Everlearner – Injuries
A	10 th February	The Everlearner – Performance Enhancing Drugs (PEDs)
	17 th February	HALF TERM – Homework set
B	24 th February	1. Movement Analysis Booklet 2. The Everlearner – Movement analysis
A	3 rd March	The Everlearner ‘Checkpoints’ – Revisit Areas for improvement (RAG)
B	10 th March	The Everlearner ‘Checkpoints’ – Revisit Areas for improvement (RAG)
A	17 th March	The Everlearner – Classification of skill

B	24 th March	The Everlearner – Practice Structures
A	31 st March	The Everlearner – Goal setting The Everlearner – Mental Preparation
	7 th April	EASTER – Revision for topic test
	14 th April	EASTER - Revision for topic test
B	21 st April	The Everlearner – Guidance The Everlearner – Feedback
A	28 th April	The Everlearner – Engagement Patterns
B	5 th May	The Everlearner – Commercialisation Advantages and Disadvantages of Commercialisation
A	12 th May	The Everlearner – Conduct of Performers