

PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 9 BTEC Sport	<p><b>Btec First Award in Sport - Students following a foundation year.</b></p> <p><b>Unit 2 Practical Performance in Sport</b> - Coursework Unit: Coursework and Practical assessment in Badminton and Rounders Performance and Umpiring. Topics covered include the Components of Fitness, Heart Rate, Principles of Training, Methods of Training and Fitness Testing. The unit is assessed through an external online exam.</p> <p><b>Unit 1: Fitness for Sport and Exercise Exam Preparation:</b> Half Termly Knowledge Organiser Quiz and End of Topic Tests (Year 10). Topics covered include the Components of Fitness, Heart Rate, Principles of Training, Methods of Training and Fitness Testing. <b>The unit is assessed through an external online exam in Year 10.</b></p>		<p><b>Unit 2 Practical Performance in Sport</b> - Students will be completing <b>Unit 2: Assignment 2: Practical Sports Performance.</b> This includes developing and performing skills in Badminton and Rounders and completing written commentaries for both sports.</p> <p>Performance is assessed through the demonstration of skills in isolation and in competitive game situations. The unit is assessed through a practical moderation (Video Evidence).</p>	<p><b>Unit 2: Practical Sports Performance.</b> Students will be reflecting on their Practical performance and completing the coursework elements. These include <b>Assignment 1: Understand the Rules, Regulations and Scoring systems for two selected sports</b> and <b>Assignment 3: Be able to review performance in two selected sports.</b></p> <p><b>Unit 1: Fitness for Sport and Exercise - Exam Preparation:</b> Half Termly Knowledge Organiser Quiz and End of Topic Tests (Year 10). Topics covered include the Components of Fitness, Heart Rate, Principles of Training, Methods of Training and Fitness Testing. <b>The unit is assessed through an external online exam in Year 10.</b></p>		
Year 10	<p><b>Unit 2: Practical Sports Performance.</b> Students will be reflecting on their Practical performance and completing the coursework elements. These include</p>		<p><b>Unit 1: Fitness for Sport and Exercise Exam Preparation:</b> Half Termly</p>	<p><b>Unit 1: Fitness for Sport and Exercise Exam Preparation:</b> Half Termly</p>	<p><b>Unit 5: The Sports Performer in Action.</b> Students will be completing three coursework assignments: <b>Assignment 1 - The Short-term responses of the body</b></p>	

	<p><b>Assignment 1: Understand the Rules, Regulations and Scoring systems for two selected sports and Assignment 3: Be able to review performance in two selected sports.</b></p> <p><b>Unit 1: Fitness for Sport and Exercise Exam Preparation:</b> Half Termly Knowledge Organiser Quiz and End of Topic Tests (Year 10). Topics covered include the Components of Fitness, Heart Rate, Principles of Training, Methods of Training and Fitness Testing. <b>The unit is assessed through an external online exam in Year 10.</b></p>		<p>Knowledge Organiser Quiz and End of Topic Tests (Year 10). Topics covered include the Components of Fitness, Heart Rate, Principles of Training, Methods of Training and Fitness Testing. <b>The unit is assessed through an external online exam in Year 10.</b></p>	<p>Knowledge Organiser Quiz and End of Topic Tests (Year 10). Topics covered include the Components of Fitness, Heart Rate, Principles of Training, Methods of Training and Fitness Testing. <b>The unit is assessed through an external online exam in Year 10.</b></p>	<p><b>systems to exercise.</b></p> <p><b>Assignment 2 - The long-term adaptations to the body systems during exercise.</b></p> <p><b>Assignment 3 - Know about the different energy systems used during sports performance.</b></p>
Year 11	<p><b>Unit 5: The Sports Performer in Action.</b> Students will be completing three coursework assignments: <b>Assignment 1 -The Short-term responses of the body systems to exercise.</b> <b>Assignment 2 - The long-term adaptations to the body systems during exercise.</b> <b>Assignment 3 -</b></p>	<p><b>Unit 5: The Sports Performer in Action.</b> Students will be completing three coursework assignments: <b>Assignment 1 -The Short-term responses of the body systems to exercise.</b> <b>Assignment 2 - The long-term adaptations to the body systems during exercise.</b> <b>Assignment 3 -</b></p>	<p><b>Unit 3: Applying the Principles of personal training. Students will be completing a Personal Fitness Training programme.</b></p> <ul style="list-style-type: none"> <li>▪ Design a personal fitness training programme.</li> <li>▪ Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training.</li> <li>▪ Implement a self-designed personal fitness training programme to achieve own goals and objectives.</li> <li>▪ Review a personal fitness training programme.</li> </ul>	<p><b>Unit 3: Applying the Principles of personal training. Students will be completing a Personal Fitness Training programme.</b></p> <ul style="list-style-type: none"> <li>▪ Design a personal fitness training programme.</li> <li>▪ Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training.</li> <li>▪ Implement a self-designed personal fitness training programme to achieve own goals and objectives.</li> <li>▪ Review a personal fitness training programme.</li> </ul>	

	Know about the different energy systems used during sports performance.	Know about the different energy systems used during sports performance.				
Year 12 Sport	<p>Unit 1: Anatomy and Physiology Students working towards completing the Unit 1 exam in Jan.</p> <p><b>AO1</b> Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting each body system</p> <p><b>AO2</b> Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system and additional factors that can affect body systems in</p>	<p>Unit 1: Anatomy and Physiology Students working towards completing the Unit 1 exam in Jan.</p> <p><b>AO4</b> Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movements</p> <p><b>AO5</b> Make connections between body systems in response to short-term and long-term exercise and sport participation. Make connections between muscular and all other systems, cardiovascular and</p>	<p>Unit 2: Fitness Training and Programming for Health, Sport and Well-being</p> <p><b>AO1</b> Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being</p> <p><b>AO2</b> Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals</p>	<p>Unit 2: Fitness Training and Programming for Health, Sport and Well-being</p> <p><b>AO3</b> Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests</p> <p><b>AO4</b> Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved</p> <p><b>AO5</b> Be able to develop a fitness training programme with</p>	<p>Unit 3: Professional Development in the Sports Industry</p> <p><b>A</b> Understand the career and job opportunities in the sports industry</p> <p><b>B</b> Explore own skills using a skills audit to inform a career development action plan</p>	<p>Unit 3: Professional Development in the Sports Industry.</p> <p><b>C</b> Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway</p> <p><b>D</b> Reflect on the recruitment and selection process and your individual performance.</p>

	<p>relation to exercise and sporting performance AO3 Analyse exercise and sports movements, how the body responds to short-term and long-term exercise and other additional factors affecting each body system</p>	<p>respiratory systems, energy and cardiovascular systems Command words: analyse, assess, discuss, evaluate, to what extent</p>		<p>appropriate justification</p>		
Year 13 Sport	<p>Students complete individual revision for the Unit 1 and Unit 2 re sits in Jan</p> <p>Unit 1: Anatomy and Physiology Students working towards completing</p> <p>Unit 2: Fitness Training and Programming for Health, Sport and Well-being</p>	<p>Students complete individual revision for the Unit 1 and Unit 2 re sits in Jan</p> <p>Unit 1: Anatomy and Physiology Students working towards completing</p> <p>Unit 2: Fitness Training and Programming for Health, Sport and Well-being</p>	<p>Unit 5: Application of Fitness Testing</p> <p>A Understand the principles of fitness testing</p> <p>B Explore fitness tests for different components of fitness.</p> <p>Any student who need to resit exam can do so</p>	<p>Unit 5: Application of Fitness Testing</p> <p>C Undertake evaluation and feedback of fitness test results</p> <p>Any student who need to resit exam can do so</p>	N/A	N/A