

GCSE Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	<u>Component 1:</u> Musculoskeletal and cardiorespiratory systems.	<u>Component 1:</u> Aerobic/Anaerobic exercise and movement analysis.	<u>Component 1:</u> Fitness components and fitness tests. <i>MY Assessment</i>	<u>Component 1:</u> Training principles and injuries.	<u>Component 4:</u> Personal Exercise Programme.	<u>Component 4:</u> Personal Exercise Programme. <i>EOY Assessment</i>
	<u>Component 3:</u> Handball.	<u>Component 3:</u> Badminton/table tennis.	<u>Component 3:</u> Football.	<u>Component 3:</u> Athletics. <i>Practical Assessment.</i>	<u>Component 4:</u> Personal Exercise Programme.	<u>Component 4:</u> Personal Exercise Programme.
Year 11	<u>Component 2:</u> Health, fitness and wellbeing.	<u>Component 2:</u> Sport psychology. <i>MY Assessment</i>	<u>Component 2:</u> Socio-cultural influences.	REVISION <i>Mock Exams</i>	EXAMS	
	<u>Component 3:</u> Handball.	<u>Component 3:</u> Badminton/table tennis.	<u>Component 3:</u> Football.	<u>Component 3:</u> Athletics. <i>Practical Assessment.</i>		

BTEC Sport

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	<p>Unit 2:</p> <p>Rules, regulations and scoring systems of an individual and team sport.</p> <p>Roles and responsibilities of officials from an individual and team sport.</p>	<p>Unit 2:</p> <p>Technical and Tactical demands in sport.</p>	<p>Unit 2:</p> <p>Practical assessment in handball and table tennis.</p>	<p>Unit 2:</p> <p>Review practical performance in sport, recommending improvements.</p>	<p>Unit 3:</p> <p>Fitness testing for programme design.</p> <p>Design a 6-week programme.</p>	<p>Unit 3:</p> <p>Complete the 6-week training programme, tracking progress.</p>
	<p>Unit 1:</p> <p>Components of fitness.</p>	<p>Unit 1:</p> <p>Exercise intensity & principles of training</p>	<p>Unit 1:</p> <p>Training methods.</p>	<p>Unit 1:</p> <p>Fitness testing.</p>	<p>EXAM revision and first attempt</p>	
Year 11	<p>Unit 3:</p> <p>Structure and function of musculoskeletal system.</p> <p>Short- and long-term effects on the musculoskeletal system.</p>	<p>Unit 3:</p> <p>Review the training programme highlighting strengths and areas for improvement.</p>	<p>Unit 1:</p> <p>Exam recap.</p>	<p>Unit 1:</p> <p>Exam recap.</p>	<p>EXAM revision and resit</p>	
	<p>Unit 6:</p> <p>Skills, responsibilities and qualities of a sports leader.</p>	<p>Unit 6:</p> <p>Compare and contrast two sports leaders and review skills, responsibilities and qualities.</p>	<p>Unit 6:</p> <p>Plan and lead a sports session.</p>	<p>Unit 6:</p> <p>Review sports session.</p>	<p>Coursework completion and sign off</p>	