

AUTUMN 1

AUTUMN 2

SPRING 1

SPRING 2

SUMMER 1

SUMMER 2

YEAR 10

Preparing participants to take part in sport and physical activity

- A. Explore types of sport and physical activity for different types of participant
- B. Examine equipment and technology required for participants to use when taking part in sport and physical activity
- C. Be able to prepare participants to take part in sport and physical activity

Taking part and improving other participants sporting performance

- A. Understanding how different components of fitness are used in different physical activities
- B. Be able to participate in sport and understand the roles and responsibilities of officials
- C. Demonstrate ways to improve participants techniques

GCSE PE

- Theory: Health, Fitness & Wellbeing (Physical, Emotional and Social Health, Lifestyle Choices, Diet and Nutrition, Optimum Weight)
- Practical: Students will be assessed in a range of sports in isolated and unopposed practices and their use of appropriate skills, techniques and decision making in conditioned and competitive situations

GCSE PE

- Theory: Applied Anatomy and Physiology (Skeletal System, Muscular System, Cardiovascular System, Respiratory System, Energy Sources)
- Practical: Students will be assessed in a range of sports in isolated and unopposed practices and their use of appropriate skills, techniques and decision making in conditioned and competitive situations

GCSE PE

- Theory: Movement Analysis (Lever System)
- Practical: Students will be assessed in a range of sports in isolated and unopposed practices and their use of appropriate skills, techniques and decision making in conditioned and competitive situations

GCSE PE

- Theory: Health and Performance (Goal Setting, Classification of Skills, Practices, Guidance, Feedback)
- Practical: Students will be assessed in a range of sports in isolated and unopposed practices and their use of appropriate skills, techniques and decision making in conditioned and competitive situations

YEAR 11

Unit 1 – Fitness for Sport and Exercise

- LAA - Components of fitness, exercise intensity, basic principles of training, additional principles of training. LAB – Fitness training methods. LAC – Fitness tests, administration of fitness testing, interpretation of fitness test results.

Unit 3 – Applying the Principles of Personal Training

- LAA – PARQ, designing a personal fitness training programme, effects on the body during fitness training. LAB – Implementing a personal fitness training programme. LAC - Training diaries, measures for success. LAD - Reviewing a personal fitness training programme.

GCSE PE

- Theory: Physical Training (W/ups, Cool Downs, Components of Fitness, Fitness Tests, Principles of Training, Methods of Training)
- PEP
- Practical: Students will be assessed in a range of sports in isolated and unopposed practices and their use of appropriate skills, techniques and decision making in conditioned and competitive situations

GCSE PE

- Theory: Physical Training (Short and Long Term Effects) Socio-Cultural Influences (Factors, Data, Commercialisation, Deviance, Sporting behaviours)
- PEP
- Practical: Students will be assessed in a range of sports in isolated and unopposed practices and their use of appropriate skills, techniques and decision making in conditioned and competitive situations

GCSE PE

- Theory: Revision for Component 1 and Component 2
- Practical: Students will be assessed in a range of sports in isolated and unopposed practices and their use of appropriate skills, techniques and decision making in conditioned and competitive situations