









## Year 11

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
<b>Topic:</b> Football, handball, basketball, badminton, HRF.	<b>Topic:</b> Football, handball, basketball, badminton, HRF.	<b>Topic:</b> Football, lacrosse, HRF, volleyball, OAA.	<b>Topic:</b> Football, lacrosse, HRF, volleyball, dodgeball.	<b>Topic:</b> Football, lacrosse, HRF, S&F, dodgeball.
<b>Introduces:</b> Ability to enhance performance by incorporation of a range of skills using enhanced knowledge of rules to changing situations in game play. To further develop principles of attack & defence to outwit opponents. Increase knowledge of a healthy active lifestyle.	<b>Introduces:</b> Ability to enhance performance by incorporation of a range of skills using enhanced knowledge of rules to changing situations in game play. To further develop principles of attack & defence to outwit opponents. Increase knowledge of a healthy active lifestyle.	<b>Introduces:</b> Ability to enhance performance by incorporation of a range of skills using enhanced knowledge of rules to changing situations in game play. To further develop principles of attack & defence to outwit opponents. Increase knowledge of a healthy active lifestyle. To develop problem solving skills.	<b>Introduces:</b> Ability to enhance performance by incorporation of a range of skills using enhanced knowledge of rules to changing situations in game play. To further develop principles of attack & defence to outwit opponents. Increase knowledge of a healthy active lifestyle.	<b>Introduces:</b> Ability to enhance performance by incorporation of skills using enhanced knowledge of rules. To further enhance knowledge and understanding of the principles of striking and fielding games; and the application of rules in games. Increase knowledge of a healthy active lifestyle.
<b>Builds upon:</b> topics taught in KS3 which embeds key knowledge across sports, leadership in sport, and application of skills in competitive situations.	<b>Builds upon:</b> topics taught in KS3 which embeds key knowledge across sports, leadership in sport, and application of skills in competitive situations.	<b>Builds upon:</b> topics taught in KS3 which embeds key knowledge across sports, leadership in sport, and application of skills in competitive situations.	<b>Builds upon:</b> topics taught in KS3 which embeds key knowledge across sports, leadership in sport, and application of skills in competitive situations.	<b>Builds upon:</b> topics taught in KS3 which embeds key knowledge across sports, leadership in sport, and application of skills in competitive situations.
<b>Assessment:</b> N/A	<b>Assessment:</b> N/A	<b>Assessment:</b> N/A	<b>Assessment:</b> N/A	<b>Assessment:</b> N/A

**Year 10 BTEC Tech Award in Sport**

<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Topic:</b> Component 1	<b>Topic:</b> Component 1	<b>Topic:</b> Component 1	<b>Topic:</b> Component 1	<b>Topic:</b> Component 2 & 3	<b>Topic:</b> Component 2 & 3
<b>Introduces:</b> Preparing participants to take part in sport and physical activity; exploring types and provision of sport and physical activity for different types of participants.	<b>Introduces:</b> Examine equipment and technology required for participants to use when taking part in sport and physical activity; be able to prepare participants to take part in sport and physical activity.	<b>Introduces:</b> Preparing participants to take part in sport and physical activity; exploring types and provision of sport and physical activity for different types of participants.	<b>Introduces:</b> Examine equipment and technology required for participants to use when taking part in sport and physical activity; be able to prepare participants to take part in sport and physical activity.	<b>Introduces:</b> Demonstrate their knowledge and understanding of the components of fitness; demonstrate their skill in a selected sport in isolated practice and skill and strategy in competitive situations. Explore the importance of fitness for sports performance.	<b>Introduces:</b> Demonstrate their knowledge and understanding of officials in sport and two key rules and regulations in sport; demonstrate their knowledge and understanding of a sport and provide specific drills to improve participants' sporting techniques. Investigate fitness testing to determine fitness levels.
<b>Builds upon:</b> topics taught in HRF, coaching & leadership skills, knowledge of a variety of sports.	<b>Builds upon:</b> topics taught in HRF, coaching & leadership skills, knowledge of a variety of sports.	<b>Builds upon:</b> topics taught in HRF, coaching & leadership skills, knowledge of a variety of sports.	<b>Builds upon:</b> topics taught in HRF, coaching & leadership skills, knowledge of a variety of sports.	<b>Builds upon:</b> topics taught in HRF, coaching & leadership skills, knowledge of a variety of sports.	<b>Builds upon:</b> topics taught in HRF, coaching & leadership skills, knowledge of a variety of sports.
<b>Assessment:</b> Writing / Presentation	<b>Assessment:</b> Writing / Performing	<b>Assessment:</b> Writing / Presentation	<b>Assessment:</b> Writing / Performing	<b>Assessment:</b> Writing / Presentation	<b>Assessment:</b> Writing / Performing

**Year 11 BTEC Tech Award in Sport**

<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>
<b>Topic:</b> Component 2	<b>Topic:</b> Component 2	<b>Topic:</b> Component 3	<b>Topic:</b> Component 3	<b>Topic:</b> Component 3
<b>Introduces:</b> Demonstrate their knowledge and understanding of the components of fitness; demonstrate their skill in a selected sport in isolated practice and skill and strategy in competitive situations.	<b>Introduces:</b> Demonstrate their knowledge and understanding of officials in sport and two key rules and regulations in sport; demonstrate their knowledge and understanding of a sport and provide specific drills to improve participants' sporting techniques.	<b>Introduces:</b> Investigate different fitness training methods; Investigate fitness programming to improve fitness and sports performance.	<b>Introduces:</b> Explore the importance of fitness for sports performance; Investigate fitness testing to determine fitness levels.	<b>Introduces:</b> Investigate different fitness training methods; Investigate fitness programming to improve fitness and sports performance; explore the importance of fitness for sports performance; Investigate fitness testing to determine fitness levels.
<b>Builds upon:</b> topics taught in HRF, coaching & leadership skills, knowledge of a variety of sports.	<b>Builds upon:</b> topics taught in HRF, coaching & leadership skills, knowledge of a variety of sports.	<b>Builds upon:</b> topics taught in component 1 & 2, HRF, coaching & leadership skills, knowledge of a variety of sports.	<b>Builds upon:</b> topics taught in component 1 & 2, HRF, coaching & leadership skills, knowledge of a variety of sports.	<b>Builds upon:</b> topics taught in component 1 & 2, HRF, coaching & leadership skills, knowledge of a variety of sports.
<b>Assessment:</b> Writing / Presentation	<b>Assessment:</b> Writing / Performing	<b>Assessment:</b> Exam practice / past papers	<b>Assessment:</b> Exam practice / past papers	<b>Assessment:</b> Exam practice / past papers

Year 10 GCSE PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topic:</b> Applied anatomy and physiology	<b>Topic:</b> Applied anatomy and physiology	<b>Topic:</b> Movement analysis and physical training	<b>Topic:</b> Physical training	<b>Topic:</b> Personal Exercise Programme and health, fitness and wellbeing	<b>Topic:</b> Personal Exercise Programme and health, fitness and wellbeing
<b>Introduces:</b> To develop understanding of the musculoskeletal system; to be able to successfully use sporting examples when describing the musculoskeletal system	<b>Introduces:</b> To develop understanding of the cardiorespiratory system; to be able to use sporting examples when describing the cardiorespiratory system.	<b>Introduces:</b> To develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity and sport.	<b>Introduces:</b> To develop knowledge and understanding of the principles of training and different training methods in order to plan, carry out, monitor and evaluate personal exercise and training programmes.	<b>Introduces:</b> To analyse and evaluate performance through a personal exercise programme; to develop knowledge and understanding of the benefits of participating in physical activity and sport to health, fitness and wellbeing.	<b>Introduces:</b> To analyse and evaluate performance through a personal exercise programme; to develop knowledge and understanding of the benefits of participating in physical activity and sport to health, fitness and wellbeing.
<b>Builds upon:</b> topics taught in HRF and practical KS3 lessons.	<b>Builds upon:</b> topics taught in HRF and practical KS3 lessons.	<b>Builds upon:</b> topics taught in HRF and practical KS3 lessons.	<b>Builds upon:</b> topics taught in HRF and practical KS3 lessons.	<b>Builds upon:</b> topics taught in HRF and practical KS3 lessons.	<b>Builds upon:</b> topics taught in HRF and practical KS3 lessons.
<b>Assessment:</b> Topic test / writing task	<b>Assessment:</b> Topic test / Performing	<b>Assessment:</b> Writing task / Topic test	<b>Assessment:</b> Topic test / Performing	<b>Assessment:</b> Exam practice / writing task	<b>Assessment:</b> PEP / Performing



Year 11 GCSE PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
<b>Topic:</b> Sports Psychology and Socio-cultural influences	<b>Topic:</b> Personal Exercise Programme	<b>Topic:</b> Fitness and Body systems	<b>Topic:</b> Health and Performance	<b>Topic:</b> Fitness and body systems and health and performance
<b>Introduces:</b> To develop knowledge & understanding of the psychological factors that can affect performers & their performance in physical activity & sport; develop knowledge & understanding of the socio-cultural factors that impact on physical activity & sport, & the impact of sport in society.	<b>Introduces:</b> To analyse & evaluate performance through a personal exercise programme; develop knowledge & understanding of the principles of training, relevant methods of training & use of data in order to analyse & evaluate their PEP.	<b>Introduces:</b> Demonstrate understanding of the key body systems and how they impact on health, fitness and performance in physical activity & sport.	<b>Introduces:</b> Increase knowledge & understanding of the factors underpinning participation & performance in physical activity & sport; to develop knowledge and understanding of the contribution that physical activity and sport make to health, fitness & wellbeing & how these can impact on performance.	<b>Introduces:</b> Demonstrate understanding of the key body systems and how they impact on health, fitness and performance in physical activity & sport; develop knowledge & understanding of how physical activity contributes to health, fitness & wellbeing.
<b>Builds upon:</b> skills learnt in year 10, practical lessons.	<b>Builds upon:</b> topics taught in HRF, physical training, benefits of participation.	<b>Builds upon:</b> topics taught in anatomy and physiology, movement analysis & physical training.	<b>Builds upon:</b> topics taught in health fitness and wellbeing; sports psychology & socio-cultural influences.	<b>Builds upon:</b> topics taught in anatomy and physiology, movement analysis; physical training; health; psychology & socio-cultural influences.
<b>Assessment:</b> Writing task / PEP	<b>Assessment:</b> Exam Practice / Performing	<b>Assessment:</b> Writing task	<b>Assessment:</b> Exam Practice / Performing	<b>Assessment:</b> Writing Task

## Year 12 BTEC Sport

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topic:</b> Unit 1, Unit 2, Unit 4, Unit 7	<b>Topic:</b> Unit 1, Unit 2, Unit 4, Unit 7	<b>Topic:</b> Unit 3, Unit 8	<b>Topic:</b> Unit 3, Unit 8	<b>Topic:</b> Unit 5, Unit 9	<b>Topic:</b> Unit 1, Unit 2, Unit 5, Unit 9
<b>Introduces:</b> Anatomy and physiology; fitness training and programming for health, sport and wellbeing; sports leadership; laws, skills, techniques and tactics in sport.	<b>Introduces:</b> Anatomy and physiology; fitness training and programming for health, sport and wellbeing; sports leadership; laws, skills, techniques and tactics in sport.	<b>Introduces:</b> Professional development in the sports industry; coaching for performance.	<b>Introduces:</b> Professional development in the sports industry; coaching for performance.	<b>Introduces:</b> Application of fitness testing; research methods in sport.	<b>Introduces:</b> Anatomy and physiology; fitness training and programming for health, sport and wellbeing; application of fitness testing; research methods in sport.
<b>Builds upon:</b> GCSE PE: applied anatomy & physiology, health & lifestyle factors, PEP; BTEC Sport: anatomy & physiology, leadership, roles of officials, performing in sport.	<b>Builds upon:</b> GCSE PE: applied anatomy & physiology, health & lifestyle factors, PEP; BTEC Sport: anatomy & physiology, leadership, roles of officials, performing in sport.	<b>Builds upon:</b> GCSE PE: coaching a physical activity, BTEC Sport: public, private & voluntary sectors in sport, coaching & leading a physical activity.	<b>Builds upon:</b> GCSE PE: coaching a physical activity, BTEC Sport: public, private & voluntary sectors in sport, coaching & leading a physical activity.	<b>Builds upon:</b> GCSE PE: PEP, methods of training, principles of training, fitness tests; BTEC Sport: methods of training, principles of training, fitness test.	<b>Builds upon:</b> GCSE PE: applied anatomy & physiology, health & lifestyle factors, PEP, methods of training, principles of training, fitness tests; BTEC Sport: anatomy & physiology, methods of training, principles of training, fitness test.
<b>Assessment:</b> Writing task / Exam Practice	<b>Assessment:</b> Writing task	<b>Assessment:</b> Performing / Writing task	<b>Assessment:</b> Performing / Interview	<b>Assessment:</b> Exam Practice	<b>Assessment:</b> Performing / Presentation

## Year 13 BTEC Sport

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
<b>Topic:</b> Unit 19, Unit 22	<b>Topic:</b> Unit 19, Unit 22	<b>Topic:</b> Unit 17, Unit 23	<b>Topic:</b> Unit 6, Unit 17, Unit 23, Unit 24	<b>Topic:</b> Unit 6, Unit 24
<b>Introduces:</b> Development and provision of sport; investigating business in sport and the active leisure industry.	<b>Introduces:</b> Development and provision of sport; investigating business in sport and the active leisure industry.	<b>Introduces:</b> Sports injury management; Skill acquisition in sport.	<b>Introduces:</b> Sports psychology; sports injury management; sports injury management; Skill acquisition in sport.	<b>Introduces:</b> Sports psychology; Skill acquisition in sport.
<b>Builds upon:</b> GCSE PE: Commercialisation in sport, BTEC Sport: Sports development, NGB's, sports continuum, commercialisation in sport, SMART goals, sports provision, SWOT analysis.	<b>Builds upon:</b> GCSE PE: Commercialisation in sport, BTEC Sport: Sports development, NGB's, sports continuum, commercialisation in sport, SMART goals, sports provision, SWOT analysis.	<b>Builds upon:</b> GCSE PE: sports injuries, classification of skills; BTEC Sport: classification of skills.	<b>Builds upon:</b> GCSE PE: sports injuries, health-related fitness, PEP, fitness tests, classification of skills; BTEC Sport: classification of skills, physical fitness components, fitness tests.	<b>Builds upon:</b> GCSE PE: health-related fitness, PEP, fitness tests; BTEC Sport: physical fitness components, fitness tests.
<b>Assessment:</b> Writing task / performing	<b>Assessment:</b> Exam Practice	<b>Assessment:</b> Performing / Writing task	<b>Assessment:</b> Writing task / performing	<b>Assessment:</b> Writing task



**Year 13 A-Level PE**

<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>
<b>Topic:</b> Topic 1 Applied anatomy & physiology; Topic 3 Skill Acquisition	<b>Topic:</b> Topic 1 Applied anatomy & physiology; Topic 3 Skill Acquisition	<b>Topic:</b> Topic 2 Exercise Physiology & Applied Movement	<b>Topic:</b> Topic 4 Sport Psychology
<b>Introduces:</b> Energy Systems and Biomechanics, Linear Motion, Projectile Motion, Fluid Mechanics, ATP – PC system, Lactic Acid System, Aerobic System; classification of skills, learning theories	<b>Introduces:</b> Energy Systems and Biomechanics, Linear Motion, Projectile Motion, Fluid Mechanics, ATP – PC system, Lactic Acid System, Aerobic System; types of guidance, feedback & practice.	<b>Introduces:</b> Injuries, rehabilitation, Stages of Recovery, EPOC, OBLA	<b>Introduces:</b> Leadership styles, goal setting
<b>Builds upon:</b> GCSE PE: energy systems, classification of skill; BTEC Sport classification of skill	<b>Builds upon:</b> GCSE PE: energy systems, feedback to participants; BTEC Sport feedback to participants	<b>Builds upon:</b> GCSE PE: sports injuries.	<b>Builds upon:</b> GCSE PE: SMART targets; BTEC Sport SMART goals.
<b>Assessment:</b> Writing task / topic test	<b>Assessment:</b> Writing task / topic test	<b>Assessment:</b> Writing task / topic test	<b>Assessment:</b> Writing task / topic test