




SUBJECT Core PE -KS3/Year 9 PE Specialism

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Years 7,8,9	Area of Study: Games and Fitness	Area of Study: Games and Fitness	Area of Study: Games and Fitness	Area of Study: Games and Fitness	Area of Study: Summer Sports	Area of Study: Summer Sports
	Content: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance, Badminton and multi-skills	Content: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance, Badminton and multi-skills	Content: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance, Badminton and multi-skills	Content: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance, Badminton and multi-skills	Content: Athletics, Tennis, Cricket and Rounders	Content: Athletics, Tennis, Cricket and Rounders

Support at home

Rules of all sports https://officials101.com/officials101-referee-umpire-resources-collection/device-friendly-menu-list/serious-stuff/rules-and-signals/officials101-a-z-list-of-sports-rules/	Local club links (double click to open)  Local Sports Clubs 2022.docx
Assessments: AP1, 2 and 3: Low stakes ongoing assessment in all lessons	Careers in the Curriculum: Links to professional sports and the fitness/medical industries



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 9 PE Specialism	Area of Study: Exercise and Fitness	Area of Study: Training Programmes	Area of Study: Muscles, bones and well-being	Area of Study: Health and Diet	Area of Study: Athletics (practical)	Area of Study: Tennis/Badminton
	Content: Effects of exercise, components of fitness and fitness testing	Content: Training types, principles of training and creating a circuit-based training programme	Content: Structure and function of the muscular and skeletal systems. Physical, social and mental health	Content: Health risks of a sedentary lifestyle, Somatotypes and a balanced diet	Content: Technical Skill development sprinting, middle distance, jumping and throwing activities.	Content: Core skill development in racket sports and their application to the full game

Support at home

Practical development: Attendance to HGSS PE clubs https://www.hgss.co.uk/attachments/download.asp?file=617&type=pdf	Theory development: BBC Bitesize
--	---

Assessments

Assessments: AP1: Ongoing theory assessment from lessons and fitness testing practical AP2: Written theory exam 1, short answer questions AP3: Written theory exam 2 and practical assessment	Careers in the Curriculum: Links to exercise, fitness and medical industries
--	---



SUBJECT GCSE PE -KS4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Area of Study: Unit 6-Health, Fitness and Well-being	Area of Study: Unit 5-Socio-cultural influences	Area of Study: Unit 4-Sports Psychology	Area of Study: Unit 1-Anatomy and Physiology	Area of Study: Unit 3-Physical Training	Area of Study: Unit 3-Physical Training
	Content: Effects of sedentary lifestyles, somatotypes and diet	Content: Factors affecting participation, commercialisation, technology in sport and sporting behaviour	Content: Skill and ability, information processing, performance feedback, arousal, aggression and personality types	Content: Skeletal, muscular and cardio-respiratory systems. Aerobic and anaerobic exercise	Content: Components of Fitness, Fitness testing, principles of training, types of training, preventing injury and the training seasons	Content: Components of Fitness, Fitness testing, principles of training, types of training, preventing injury and the training seasons

Support at home

Revision Materials:	CPG Revision flash cards	CPG AQA Revision book	Seneca	BBC Bitesize		
Assessments: AP1: End of unit exams, practical assessment in core PE lessons AP2: Units 5 and 6 exam questions, ongoing practical assessment AP3: Full AQA Paper 2 exam, ongoing practical evidence and video footage of 3 chosen activities.			Careers in the Curriculum: Links to all careers in the sport, fitness and medical industries			



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 11	Area of Study: Unit 2-Movement Analysis	Area of Study: Written Coursework	Area of Study: Written Coursework	Area of Study: Revision	Area of Study: Revision	Area of Study:
	Content: Levers, basic movements, planes of movement and axes of rotation	Content: Analysis of own performance, highlighting strengths and weaknesses, and creating an action plan for improvements	Content: Analysis of own performance, highlighting strengths and weaknesses, and creating an action plan for improvements	Content: Revision resources and techniques, including the extensive use and analysis of past paper questions	Content: Revision resources and techniques, including the extensive use and analysis of past paper questions	Content:

Support at home

Revision Materials:	CPG Revision flash cards	CPG AQA Revision book	Seneca	BBC Bitesize		
------------------------	--	---------------------------------------	------------------------	------------------------------	--	--

Assessments: AP1: Full AQA paper 2 exam with ongoing practical evidence (video) AP2: Mock exams, coursework and practical evidence AP3: Both Paper 1 and 2 exams and full practical score	Careers in the Curriculum: Links to all careers in the sport, fitness and medical industries
---	--



SUBJECT BTEC Sport -KS5

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 12	Area of Study: Unit 1-Anatomy and Physiology	Area of Study: Unit 1-Anatomy and Physiology	Area of Study: Unit 2-Fitness Training for Health, Sport and Well-being	Area of Study: Unit 2-Fitness Training for Health, Sport and Well-being	Area of Study: Revision of units 1 and 2	Area of Study: Unit 5–Application of Fitness Testing
	Content: The Skeletal, Muscular, Respiratory, Cardiovascular and Energy Systems	Content: The Skeletal, Muscular, Respiratory, Cardiovascular and Energy Systems	Content: Lifestyle choices on health and well-being, Nutritional needs, Training methods and the principles of a fitness training programme	Content: Lifestyle choices on health and well-being, Nutritional needs, Training methods and the principles of a fitness training programme	Content: Revision programme of units 1/2 and completion of past papers in preparation	Content: Coursework Planning and safely conducting fitness tests, creating a fitness profile and training programme for a selected performer

Support at home

	Anatomy and Physiology	Anatomy and Physiology	Fitness Training for Health	Fitness Training for Health	Revision for Summer exams	Coursework
	Pearson BTEC National Sport – Student book 1	Pearson BTEC National Sport – Student book 1	Pearson BTEC National Sport – Student book 1	Pearson BTEC National Sport – Student book 1	Pearson BTEC National Sport – Student book 1	Pearson BTEC National Sport – Student book 1
	https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html	https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html	https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html	https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html	https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html	https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html

Assessments: AP1: Unit 1 mock exam-Anatomy and Physiology AP2: Unit 2 mock exam-Fitness Training for Health, Sport and Well-being AP3: Unit 1 and 2 exams (Summer 2023)	Careers in the Curriculum: Unit 1: Links to all medical and physiology-based careers Unit 2: Links to exercise science and the fitness industry
---	--



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 13	Area of Study: Unit 5-Application of Fitness Testing	Area of Study: Unit 5-Application of Fitness Testing Unit 3-Professional Development in the Sports Industry	Area of Study: Unit 3-Professional Development in the Sports Industry	Area of Study: Unit 3-Professional Development in the Sports Industry	Area of Study: Final completion of coursework	Area of Study:
	Content: Coursework Planning and safely conducting fitness tests, creating a fitness profile and training programme for a selected performer	Content: Coursework Planning and safely conducting fitness tests, creating a fitness profile and training programme for a selected performer Coursework Examining sporting careers and preparing for the process of applying for jobs	Content: Coursework Examining sporting careers and preparing for the process of applying for jobs	Content: Coursework Examining sporting careers and preparing for the process of applying for jobs	Content: Coursework Examining sporting careers and preparing for the process of applying for jobs	Content: Analysis of all coursework

Support at home	Coursework	Coursework	Coursework	Coursework	Coursework	
	Pearson BTEC National Sport – Student book 1	Pearson BTEC National Sport – Student book 1	Pearson BTEC National Sport – Student book 1	Pearson BTEC National Sport – Student book 1	Pearson BTEC National Sport – Student book 1	
	Pearson BTech 2016	Pearson BTech 2016	Pearson BTech 2016	Pearson BTech 2016	Pearson BTech 2016	

Assessments

Assessments: AP1: Unit 5 coursework AP2: Unit 3 coursework AP3: Unit 3/5 completed coursework	Careers in the Curriculum: Unit 3: Links throughout regarding the application and preparation for applying for jobs (CV's, letter of application, interviews etc.) Unit 5: Preparation for jobs within the fitness/medical industry
---	--