




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 <a href="https://officials101.com/officials101-referee-umpire-resources-collection/device-friendly-menu-list/serious-stuff/rules-and-signals/officials101-a-z-list-of-sports-rules/">https://officials101.com/officials101-referee-umpire-resources-collection/device-friendly-menu-list/serious-stuff/rules-and-signals/officials101-a-z-list-of-sports-rules/</a>	Local club links (double click to open)   Local Sports Clubs 2022.docx
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<b>Assessments:</b> AP1, 2 and 3: Low stakes ongoing assessment in all lessons	<b>Careers in the Curriculum:</b> Links to professional sports and the fitness/medical industries
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 9</b> 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: Sports Psychology	Area of Study: Tennis/Badminton or Athletics (practical)
	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: Skill classification, arousal, aggression, guidance and motivation within the sporting setting.	Content: Core skill development in racket sports and their application to the full game.  Technical Skill development sprinting, middle distance, jumping and throwing activities.

### Support at home

Practical development: Attendance to HGSS PE clubs <a href="https://www.hgss.co.uk/attachments/download.asp?file=617&amp;type=pdf">https://www.hgss.co.uk/attachments/download.asp?file=617&amp;type=pdf</a>	Theory development: <a href="#">BBC Bitesize</a>
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<b>Assessments:</b> 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	<b>Careers in the Curriculum:</b> Links to exercise, fitness and medical industries
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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:	<a href="#">CPG Revision flash cards</a>	<a href="#">CPG AQA Revision book</a>	<a href="#">Seneca</a>	<a href="#">BBC Bitesize</a>		
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<p><b>Assessments:</b>          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.</p>	<p><b>Careers in the Curriculum:</b>          Links to all careers in the sport, fitness and medical industries</p>
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	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:	<a href="#">CPG Revision flash cards</a>	<a href="#">CPG AQA Revision book</a>	<a href="#">Seneca</a>	<a href="#">BBC Bitesize</a>		
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<p><b><u>Assessments:</u></b>          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</p>	<p><b><u>Careers in the Curriculum:</u></b>          Links to all careers in the sport, fitness and medical industries</p>
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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
	<a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html">https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html</a>	<a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html">https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html</a>	<a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html">https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html</a>	<a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html">https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html</a>	<a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html">https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html</a>	<a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html">https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html</a>

<b>Assessments:</b> 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)	<b>Careers in the Curriculum:</b> Unit 1: Links to all medical and physiology-based careers Unit 2: Links to exercise science and the fitness industry
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	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	
	<a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html">https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html</a>	<a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html">https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html</a>	<a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html">https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html</a>	<a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html">https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html</a>	<a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html">https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html</a>	



**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