



GCSE PE (BTEC PE below)

Year 10 GCSE PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
The structure and functions of the musculoskeletal system	<p>The structure and functions of the cardio-respiratory system</p> <p>Anaerobic and aerobic exercise</p> <p>The short and long term effects of exercise</p>	The components of fitness, benefits for sport and how fitness is measured and improved.	The principles of training and their application to personal exercise/training programmes	<p>How to optimise training and prevent injury.</p> <p>Effective use of warm up and cool down.</p> <p>Demonstrate an understanding of how data are collected – both qualitative and quantitative.</p>	<p>Present data (including tables and graphs)</p> <p>Analyse and evaluate data</p>

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<p>Sports psychology</p> <p>Lever systems, examples of their use in activity and the mechanical advantage they provide in movement.</p> <p>Planes and axes of movement</p> <p>The relationship between health and fitness and the role that exercise plays in both</p>	<p>Guidance and feedback on performance.</p> <p>Mental preparation for performance</p> <p>Mental preparation for performance</p>	<p>Engagement patterns of different social groups in physical activity and sport.</p> <p>Commercialisation of physical activity and sport.</p>	<p>Commercialisation of physical activity and sport.</p> <p>Ethical and socio-cultural issues in physical activity and sport</p> <p>Physical, emotional and social health, fitness and well-being</p> <p>The consequences of a sedentary lifestyle</p>	<p>Energy use, diet, nutrition and hydration</p>	

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<p>Personal information to aid training programme design:</p> <p>The basic principles of training (FITT):</p> <p>Further principles of training and how they are applied to training methods:</p> <p>Programme design:</p>	<p>Factors</p> <p>Strategies</p> <p>Safely implement a personal fitness training programme:</p> <p>Training diary for each session recording</p> <p>Measures for success</p>	<p>Training diary for each session recording</p> <p>Measures for success</p> <p>Training diary for each session recording</p> <p>Topic C.3 Measures for success</p> <p>Topic C.2 Training diary for each session recording:</p> <p>Topic C.3 Measures for success:</p>	<p>Training diary for each session recording</p> <p>Training diary for each session recording</p> <p>Measures for success</p>	<p>Sports</p> <p>Regulations</p> <p>Scoring systems</p> <p>Application of the rules/laws of sports in different situations</p> <p>Roles of officials</p> <p>Responsibilities of officials:</p> <p>Technical demands:</p> <p>Relevant skills and techniques</p> <p>Safe and appropriate participation</p> <p>Tactical demands</p> <p>Relevant tactics</p> <p>Safe and appropriate participation</p> <p>Effective use of skills and techniques, and the correct application of each component</p>	<p>Effective use of skills, techniques and tactics</p> <p>Isolated practices</p> <p>Conditioned practices</p> <p>Competitive situations</p> <p>Observation checklist</p> <p>Review performance:</p>

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Components of physical fitness	Additional requirements for each of the fitness training methods	Sports leaders	Components of sports activity session	Components of sports activity session	Lead
Components of skill-related fitness	Fitness training methods	Components of sports activity session	Plan	Lead	Measures of success
Why fitness components are important for successful participation in given sports	Importance of fitness testing to sports performers and coaches	Attributes	Sports activities:	Measures of success	Sports activities
Exercise intensity and how it can be determined	Requirements for administration of each fitness test	Responsibilities		Sports activities	Components of sports activity session
The basic principles of training	Fitness test methods for components of fitness			Components of sports activity session	Targets for development
Additional principles of training	Requirements for administration of each fitness test				
Requirements for each of the following fitness training methods	Interpretation of fitness test result				