

PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10 - TECH AWARD IN SPORT (Year 1)	<p>Component 1: Preparing participants to take part in sport and physical activity.</p> <p>A: Explore types and provision of sport and physical activity for different types of participants.</p>	<p>Component 1: Preparing participants to take part in sport and physical activity.</p> <p>B: Examine equipment and technology required for participants to use when taking part in sport and physical activity.</p>	<p>Component 1: Preparing participants to take part in sport and physical activity.</p> <p>C: Be able to prepare participants to take part in sport and physical activity.</p>	<p>Component 1: Preparing participants to take part in sport and physical activity.</p> <p>C: Be able to prepare participants to take part in sport and physical activity.</p>	<p>Component 2: Taking part and improving other peoples sporting performance.</p> <p>A: Understand how different components of fitness are used in different physical activities.</p>	<p>Component 2: Taking part and improving other peoples sporting performance.</p> <p>A: Understand how different components of fitness are used in different physical activities.</p>
Year 11 - TECH AWARD IN SPORT (Year 2)	<p>Component 2: Taking part and improving other peoples sporting performance.</p> <p>B: Be able to participate in sport and understand the roles and responsibilities of officials.</p>	<p>Component 2: Taking part and improving other peoples sporting performance.</p> <p>C: Demonstrate ways to improve participants' sporting techniques.</p>	<p>Component 3: Developing Fitness to improve other participants in sport and physical activity.</p> <p>Physical components of fitness, Skill components of fitness, Fitness testing, Training methods, Principles of training.</p>	<p>Component 3: Developing Fitness to improve other participants in sport and physical activity.</p> <p>Physical components of fitness, Skill components of fitness, Fitness testing, Training methods, Principles of training.</p>	<p>Component 3: Developing Fitness to improve other participants in sport and physical activity.</p> <p>Physical components of fitness, Skill components of fitness, Fitness testing, Training methods, Principles of training.</p>	<p>Component 3: Developing Fitness to improve other participants in sport and physical activity.</p> <p>Physical components of fitness, Skill components of fitness, Fitness testing, Training methods, Principles of training.</p>

Year 12 Sport	<p>Unit 1: Anatomy and Physiology Students working towards completing the Unit 1 exam in Jan.</p> <p>AO1 Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting each body system</p> <p>AO2 Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system and additional factors that can affect body systems in relation to exercise and sporting performance</p> <p>AO3 Analyse exercise and sports movements, how the body responds to short-term and</p>	<p>Unit 1: Anatomy and Physiology Students working towards completing the Unit 1 exam in Jan.</p> <p>AO4 Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movements</p> <p>AO5 Make connections between body systems in response to short-term and long-term exercise and sport participation. Make connections between muscular and all other systems, cardiovascular and respiratory systems, energy and cardiovascular systems</p> <p>Command words: analyse, assess, discuss,</p>	<p>Unit 2: Fitness Training and Programming for Health, Sport and Well-being</p> <p>AO1 Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being</p> <p>AO2 Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals</p>	<p>Unit 2: Fitness Training and Programming for Health, Sport and Well-being</p> <p>AO3 Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests</p> <p>AO4 Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved</p> <p>AO5 Be able to develop a fitness training programme with appropriate justification</p>	<p>Unit 5: Application of Fitness Testing</p> <p>A Understand the principles of fitness testing</p> <p>B Explore fitness tests for different components of fitness.</p>	<p>Unit 5: Application of Fitness Testing</p> <p>C Undertake evaluation and feedback of fitness test results</p>
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	long-term exercise and other additional factors affecting each body system	evaluate, to what extent				
Year 13 Sport	<p>Unit 1 and Unit 2 are revisited to enable students to re-sit exams in Jan</p> <p>Unit 1: Anatomy and Physiology Students working towards completing</p> <p>Unit 2: Fitness Training and Programming for Health, Sport and Well-being</p>	<p>Unit 1 and Unit 2 are revisited to enable students to re-sit exams in Jan</p> <p>Unit 1: Anatomy and Physiology Students working towards completing</p> <p>Unit 2: Fitness Training and Programming for Health, Sport and Well-being</p>	<p>Unit 3: Professional Development in the Sports Industry</p> <p>A Understand the career and job opportunities in the sports industry</p> <p>B Explore own skills using a skills audit to inform a career development action plan</p>	<p>Unit 3: Professional Development in the Sports Industry.</p> <p>C Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway</p> <p>D Reflect on the recruitment and selection process and your individual performance.</p>	N/A	N/A