

PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7 Core PE	Basketball Football Handball Netball Rugby Gymnastics OAA/Fitness	Basketball Football Handball Netball Rugby Gymnastics OAA/Fitness KO=Warm-up and Cool Down	Basketball Football Handball Netball Rugby Gymnastics OAA/Fitness	Basketball Football Handball Netball Rugby Gymnastics OAA/Fitness KO=Components of Fitness	Athletics Rounders Cricket Tennis	Athletics Rounders Cricket Tennis KO=Skeletal system
Year 8 Core PE	Basketball Football Handball Netball Rugby Gymnastics Fitness	Basketball Football Handball Netball Rugby Gymnastics Fitness KO=Joints	Basketball Football Handball Netball Rugby Gymnastics Fitness	Basketball Football Handball Netball Rugby Gymnastics Fitness KO=Methods of Training	Athletics Rounders Cricket Tennis	Athletics Rounders Cricket Tennis KO=Immediate effects of Exercise
Year 9 Core PE	Basketball Football / Rugby Dodgeball Netball Fitness	Basketball Football / Rugby Dodgeball Netball Fitness KO=Nutrition	Basketball Football / Rugby Dodgeball Netball Fitness	Basketball Football / Rugby Dodgeball Netball Fitness KO=Training Principles	Athletics Rounders Cricket Tennis	Athletics Rounders Cricket Tennis KO=Long term effects of Exercise

Year 10 Core PE	Basketball Football Dodgeball Netball Fitness	Basketball Football Dodgeball Netball Fitness	Basketball Football Dodgeball Netball Fitness	Basketball Football Dodgeball Netball Fitness	Athletics Rounders Cricket Tennis	Athletics Rounders Cricket Tennis
Year 11 Core PE	Basketball Football Dodgeball Netball Fitness	Basketball Football Dodgeball Netball Fitness	Basketball Football Dodgeball Netball Fitness	Basketball Football Dodgeball Netball Fitness	Athletics Rounders Cricket Tennis	Athletics Rounders Cricket Tennis
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 people's 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 people's sporting performance.</p> <p>A: Understand how different components of fitness are used in different physical activities.</p>

<p>Year 11 - TECH AWARD IN SPORT (Year 2)</p>	<p>Component 2: Taking part and improving other people's 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 people's 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>
<p>Year 12 Sport</p>	<p>Unit 1: Anatomy and Physiology</p> <p>Students working towards completing the Unit 1 exam in Jan.</p> <p>AO1 Demonstrate knowledge of body</p>	<p>Unit 1: Anatomy and Physiology</p> <p>Students working towards completing the Unit 1 exam in Jan.</p> <p>AO4 Evaluate how body systems are</p>	<p>Unit 2: Fitness Training and Programming for Health, Sport and Well-being</p> <p>AO1 Demonstrate knowledge and understanding of</p>	<p>Unit 2: Fitness Training and Programming for Health, Sport and Well-being</p> <p>AO3 Analyse and interpret screening information</p>	<p>Unit 5: Application of Fitness Testing</p> <p>A Understand the principles of fitness testing</p>	<p>Unit 5: Application of Fitness Testing</p> <p>C Undertake evaluation and</p>

	<p>systems, structures, functions, characteristics, definitions and other additional factors affecting each body system</p> <p>A02 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>A03 Analyse exercise and sports movements, how the body responds to short-term and long-term exercise and other additional factors</p>	<p>used and how they interrelate in order to carry out exercise and sporting movements</p> <p>A05 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, evaluate, to what extent</p>	<p>the effects of lifestyle choices on an individual's health and well-being</p> <p>A02 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>relating to an individual's lifestyle questionnaire and health monitoring tests</p> <p>A04 Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved</p> <p>A05 Be able to develop a fitness training programme with appropriate justification</p>	<p>B Explore fitness tests for different components of fitness.</p>	<p>feedback of fitness test results</p>
--	--	--	--	--	---	---

	affecting each body system					
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</p> <p>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</p> <p>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