

	Programme	Autumn Term	Spring Term	Summer Term
Year 9	KS3 PE	Applied Anatomy and Physiology (Examination Paper 1) <ul style="list-style-type: none"> • Structure and function of the skeletal system • Structure and function of the muscular system • Movement Analysis 	Physical Training (Examination Paper 1) <ul style="list-style-type: none"> • Components of fitness • Principles of training 	Physical Training (Examination Paper 1) <ul style="list-style-type: none"> • Preventing injury in physical activity and training Recapping <ul style="list-style-type: none"> • The structure and function of the Skeletal • and Muscular system
Year 10	GCSE PE (AQA)	Applied Anatomy and Physiology (Examination Paper 1) <ul style="list-style-type: none"> • Structure and function of the cardiovascular system • Structure and function of the respiratory system • Effects of exercise • Use of Data NEA Practical	Socio-Cultural Influences (Examination Paper 2) <ul style="list-style-type: none"> • Engagement Patterns • Ethical and socio-cultural issues • Commercialisation of physical activity NEA Practical	NEA Coursework Recapping <ul style="list-style-type: none"> • Anatomy and Physiology • Physical Training NEA Practical
	Sport Science (OCR Nationals)	R181 – Applying the Principles of Training (Coursework) TA1- Components of Fitness TA2 – Principles of Training R182 The Body’s Response to Physical Exercise (Coursework) TA1 – Cardio-Respiratory System TA2 – Musculo-Skeletal System	R181 – Applying the Principles of training. (Coursework) TA1- Components of Fitness TA2 – Principles of Training R162 The Body’s Response to Physical Exercise (Coursework) TA3- Short Term Effects of Exercise TA4 – Long Term Effects of Exercise (R182 Submission)	R181 – Applying the Principles of Training (Coursework) TA3 – Training Programme Development TA4 – Evaluation of Programme Design
Year 11	GCSE PE (AQA)	Sports Psychology (Examination Paper 2) <ul style="list-style-type: none"> • Characteristics of a skilful movement • Goal setting • Mental preparation • Feedback and guidance. 	Health Fitness and Wellbeing (Examination Paper 2) <ul style="list-style-type: none"> • Diet and Nutrition • Fitness • Health NEA Coursework	Recapping (Examination Paper 1) <ul style="list-style-type: none"> • Anatomy and Physiology • Physical Training • Use of Data

		NEA Coursework NEA Practical	NEA Practical Recapping (Examination Paper 1) (Examination Paper 2)	Recapping (Examination Paper 2) <ul style="list-style-type: none"> • Sports Psychology • Socio-Cultural Issues • Health, Fitness and Wellbeing • Use of Data
	Sport Science (OCR Nationals)	Recapping R181 – Applying the Principles of Training (R181 Submission)	R180 – Reducing the Risk of Sports Injuries (Examination) TA1 – Injury Risk Factors TA2 – Warm up and Cool Down TA3 – Types and Causes of Sports Injuries TA4 – Responses and Treatments TA5 – Causes, Symptoms and Treatment of Medical Conditions	Recapping R180 – Reducing the Risk of Sports Injuries (Examination)
Year 12	A level PE (OCR)	Anatomy and Physiology <ul style="list-style-type: none"> • Skeletal, muscular, cardiovascular and respiratory systems Exercise Physiology <ul style="list-style-type: none"> • Diet and Nutrition Biomechanics <ul style="list-style-type: none"> • Newtons Principles and Lever Systems Spiralling of Curriculum	Exercise Physiology <ul style="list-style-type: none"> • Preparation Methods Biomechanics <ul style="list-style-type: none"> • Stability • Motion • Projectiles Skill Acquisition <ul style="list-style-type: none"> • Classification of skills • Methods of practice • Stages of learning • Guidance and Feedback Spiralling of Curriculum	Psychology <ul style="list-style-type: none"> • Individual Differences • Group Dynamics • Goal Setting Sport and Society <ul style="list-style-type: none"> • Pre 1850 • Post 1850 • 21st Century • Global Sporting events Spiralling of Curriculum Anatomy and Physiology <ul style="list-style-type: none"> • Energy Systems NEA Coursework
	BTEC Sport Diploma (EdExcel)	Unit 1 - Anatomy and Physiology (Examination) Effects of exercise on	Unit 5 – Fitness Testing (3 Assignments) <ul style="list-style-type: none"> • Principles of fitness testing 	Unit 3 Professional Development in sports industry (3 Assignments)

		<ul style="list-style-type: none"> • skeletal system • muscular system • cardiovascular system • Respiratory system • Energy systems <p>Unit 4 - Leadership (2 Assignments)</p> <ul style="list-style-type: none"> • Roles, qualities and characteristics of sports leaders • Psychological factors in sports leadership • Exploring effective leadership styles 	<ul style="list-style-type: none"> • Testing different components of fitness • Evaluation of fitness data <p>Unit 23 – Skill Acquisition (3 Assignments)</p> <ul style="list-style-type: none"> • Investigating the nature of skilled performance • Examine ways that sport performers process information for skilled performance • Theories of teaching and learning • Carry out teaching and learning strategies for sports skills 	<ul style="list-style-type: none"> • Carer and job opportunities in sport • Career development action plan • Recruitment process in the sports industry • Individual reflection on the recruitment process. <p>Completion of Unit 23 – Skill Acquisition Unit 4 - Leadership</p>
	BTEC Sport Certificate (EdExcel)	<p>Unit 1 - Anatomy and Physiology (Examination)</p> <p>Effects of exercise on</p> <ul style="list-style-type: none"> • Skeletal system • Muscular system • Cardiovascular system • Respiratory system • Energy systems 	<p>Unit 5 – Fitness Testing (3 Assignments)</p> <ul style="list-style-type: none"> • Principles of fitness testing • Testing different components of fitness • Evaluation of fitness data 	<p>Unit 3 Professional Development in Sports Industry (3 Assignments)</p> <ul style="list-style-type: none"> • Carer and job opportunities in sport • Career development action plan • Recruitment process in the sports industry • Individual reflection on the recruitment process
Year 13	A Level PE (OCR)	<p>Anatomy and Physiology</p> <ul style="list-style-type: none"> • Energy Systems • EPOC • Recovery and Environment <p>Skill Acquisition</p> <ul style="list-style-type: none"> • Memory Models <p>Psychology</p> <ul style="list-style-type: none"> • Attribution in sport • Confidence and self-efficacy • Leadership • Stress management 	<p>Exercise Physiology</p> <ul style="list-style-type: none"> • Injury Prevention and Rehab <p>Contemporary Issues</p> <ul style="list-style-type: none"> • Ethics and Deviance • Commercialisation • Routes to sporting excellence UK • Modern Technology <p>NEA Coursework</p> <p>Spiralling of Curriculum</p>	<p>Recapping (Examination Paper 1)</p> <ul style="list-style-type: none"> • Anatomy and Physiology • Exercise Physiology • Biomechanics <p>Recapping (Examination Paper 2)</p> <ul style="list-style-type: none"> • Skill Acquisition • Sports Psychology <p>Recapping</p>

		<p>Biomechanics</p> <ul style="list-style-type: none"> • Motion • Projectiles • Fluid Dynamics <p>NEA Coursework</p>		<p>(Examination Paper 3)</p> <ul style="list-style-type: none"> • Sport and Society • Contemporary Issues
BTEC Sport Diploma (EdExcel)	<p>Unit 2 – Fitness Training and Programming for Health, Sport and Wellbeing (Examination)</p> <ul style="list-style-type: none"> • Lifestyle factors • Screening process for programming • Programme related nutritional needs • Training methods • Training programme design <p>Unit 22 – Business in Sport (Examination)</p> <ul style="list-style-type: none"> • Business operations • Business Models • Human Resources • Marketing • Finance 	<p>Unit 10 Sports Event Organisation (2 Assignments)</p> <ul style="list-style-type: none"> • Investigating how sports events are run • Sports event proposal and implementation • Planning, promotion and delivery of a sports event • Reviewing and reflecting on the delivery of a sporting event. <p>Unit 17 – Sport Injury Management</p> <ul style="list-style-type: none"> • Common Sports injuries • First Aid • Common treatment methods • Risk Factors • Rehabilitation Programming 	<p>Second Attempt Unit 2 – Fitness Training and Programming for Health, Sport and Wellbeing Unit 22 – Business in Sport</p>	
BTEC Sport Certificate (EdExcel)	<p>Unit 2 – Fitness Training and programming for health, sport and Well-being (Examination)</p> <ul style="list-style-type: none"> • Lifestyle factors • Screening process for programming • Programme related nutritional needs • Training methods • Training programme design 	<p>Second Attempt Unit 3 Professional Development in sports industry Unit 5 – Fitness Testing</p> <p>Extended Curriculum Unit 17 – Sport Injury Management</p>	<p>Second Attempt Unit 2 – Fitness Training and Programming for Health, Sport and Wellbeing</p>	