CIM - Curriculum Intent Map Physical Education

Exam board - GCSE: Edexcel Exam Board – Edexcel (BTEC L2 & L3)

	Knowledge	Skills	Understanding	Wider world
Year 13	**BTEC Sport** • Careers and jobs in the sports industry. • Career development plans • Recruitment processes • Components of fitness • Fitness testing • Principles of fitness testing	**BTEC Sport** • Developing presentation skills • Developing interview techniques • Develop writing skills • Develop and understanding for essay style writing • Researching, analysing and noting information • Citing and referencing to avoid plagiarism • Understanding writing processes • Understand report writing • Develop revision skills • build confidence to do coursework assignments and respond positively to feedback • develop skills that aid recall routinely and when under pressure	**BTEC Sport** Unit 3: • A Understand the career and job opportunities in the sports industry • B Explore own skills using a skills audit to inform CDAP • C Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career path • D Reflect on the recruitment and selection process and your individual performance	**BTEC Sport** • Communication skills • Interpersonal skills • Work well as a member of a team • Lead a team • Manage your time effectively • Understanding teamwork • Developing Employability and personal skills • Organizational skills • Developing yourself • develop the professional skills required for the specific industry
Year 12	**BTEC Sport** • muscular system • skeletal system • cardiovascular system • respiratory system • energy systems • components of fitness • methods of training • principles of training • nutritional guidance • programming • barriers to participation • screening information	**BTEC Sport** • Developing presentation skills • Develop writing skills • Develop and understanding for essay style writing • Researching, analysing and noting information • Citing and referencing to avoid plagiarism • Understanding writing processes • Understand report writing • Develop revision skills • Build confidence to do coursework assignments and respond positively to feedback	**BTEC Sport** **Unit 1:** • A The effects of exercise and sports performance on the skeletal system • B The effects of exercise and sports performance on the muscular system • C The effects of exercise and sports performance on the respiratory system • D The effects of sport and exercise performance on the cardiovascular system • E3 The lactate system in exercise and sports performance **Unit 2:** • A Examine lifestyle factors and their effect on health and well-being • B Understand the screening processes for training programming	**BTEC Sport** • Communication skills • Interpersonal skills • Work well as a member of a team • Lead a team • Manage your time effectively • Understanding teamwork • Developing Employability and personal skills • Organizational skills • Developing yourself • develop the professional skills required for the specific industry

Extracurricular activities **Careers links** **Curriculum links** **Threshold topics (bold)** **PSHE, PD and cultural capital links**

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		• Develop skills that aid recall routinely and when under pressure	• C Understand programme-related nutritional needs • D Examine training methods for different components of fitness • E Understand training programme design • A Understand the career and job opportunities in the sports industry • B Explore own skills using a skills audit to inform a career development action plan • C Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway • D Reflect on the recruitment and selection process and your individual performance • Understand the roles, qualities and characteristics of an effective sports leader • Examine the importance of psychological factors and their link with effective leadership • Explore an effective leadership style when leading a team during sport and exercise activities	

Extracurricular activities **Careers links** **Curriculum links** **Threshold topics (bold)** **PSHE, PD and cultural capital links**

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Year 11	**GCSE PE:** **Paper 2** • Health & wellbeing • Lifestyle choices • Diet & weight • Optimum weight • Classification of skills • Types of practice • SMART targets • Guidance • Feedback & mental preparation • Participation trends • Commercialism • Sporting deviance **3 Practical Activities** • Individual • Team • Another of choice	**GCSE PE** • Interpretation of graphs relating to changes in the body • Quantitative methods for planning, monitoring • Answer Multiple choice questions • Short answer questions • Extended writing questions • Evaluation various scenarios set by examiners • Time management **Practical** • Demonstrate the skills in isolated situations • Accurate replication of execution of perfect technique • Demonstration of skills in formal competitive situations under pressure	**GCSE PE** • How the body responds to exercise • How this differs for different sports • How this differ within sports • The physiological changes • The psychological changes • How to evaluate sports performance and data • What contributes to a health and active lifestyle • What are the consequence of not having an active and healthy lifestyle • What influences people to participate in sport	**GCSE PE** • Literacy • Numeracy • Teamwork • Interpersonal skills • Research skills • Links to Biology, Physics, History, Psychology, Sociology, Food Technology, ICT • Leadership • ES3: Working under pressure and to deadlines • ES8: Valuing diversity and difference • ES5: Communication and interpersonal skills • ES4: Ability to learning and adapt
Year 11	**BTEC – Sport** **Component 3** • Importance of fitness in sport (components of fitness) • Principles of Training • Exercise intensity • Fitness testing • Methods of training • Provision for developing fitness	**BTEC – Sport** • Short Answer Questions • Interpreting graphs relating to normative data • Understand how to create a training plan to improve own long-term heath	**BTEC Sport** • How the body responds to exercise • How this differs for different sports • How this differ within sports • The physiological changes • The psychological changes • How to evaluate sports performance and data • What contributes to a health and active	**BTEC – Sport** • Communication skills • Ability to work as a team • Organization skills • Manage time effectivity through assignments and revision

Extracurricular activities **Careers links** **Curriculum links** **Threshold topics (bold)** **PSHE, PD and cultural capital links**

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	• Long term effects of fitness training • Fitness programme design • Motivational techniques • Goal setting • Benefits of motivation to a sports performer	• Answer Multiple choice questions • Be able to revise effectively • Answer extended writing answers • Time Management	lifestyle • What are the consequence of not having an active and healthy lifestyle • What influences people to participate in sport • How to evaluate their own performance and make recommendations for the future • How to apply the principle and methods of training to their own fitness • What a training plan is and how it works. • How to construct a basic weekly circuit and monitor progress	
Year 11	**Core PE** • Know the main rules of the games • Know that common themes run through a variation of sports (attacking strategies) • Knowledge of how to officiate accurately an fairly • Knowledge of how to lead a warm-up for a group of other students specific to sports • Knowledge of the muscle for GCSE PE and know their movements • Know how to apply tactics of the game play to outwit • Know of the correct techniques for the basic skills in isolation and game scenario • Know how to keep their bodies fit and healthy for life long enjoyment in PE and Sport	**Core PE** Can execute correct technique and adapt others' to a good/excellent level with good fluency, precision and control to influence the games and performance in activities such as • Football • Basketball • Gymnastics • Netball • Climbing • Rugby • Athletics • Rounders • Tennis • Fitness • Softball • Trampolining • Independence • Verbal and non-verbal communication • Can lead skill specific practices for other students	**Core PE** • Can adapt a variety of strategies to outwit opponents in competitive situations • Have an understanding of how to influence competitive situations by using various strategies to attack and defend to gain an advantage. • How to work as part of a team through using highly effective verbal and non verbal communication. • The skills of effective leaders • Can prepare themselves for a variety of types of exercise	**Core PE:** • ES4: Ability to learn and adapt • ES5: Communication and interpersonal skills • ES6: Teamwork • ES7: Negotiation skills • ES8: Valuing diversity and difference • ES9: Problem solving skills

Extracurricular activities **Careers links** **Curriculum links** **Threshold topics (bold)** **PSHE, PD and cultural capital links**

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Year 10	**Paper 1** • Skeletal system • Muscular system • Cardiovascular system • Respiratory system • Aerobic/anaerobic respiration • Short-term and long-term effect of exercise • Levers systems • Levers systems applied to sport • Joints & movements recap • Planes & Axes • PARQ • Health and fitness • Components of Fitness • Fitness Testing • Principles of training • Methods of training • SMART Targets • Goal setting • Preventing injuries • Performance enhancing drugs **PEP** (Personal Exercise Programme - NEA) • Design and implement a fitness training programme to improve a chosen sport • Evaluate the effectiveness of their fitness training programme **3 Practical Activities** • Individual • Team • Another of choice	**GCSE PE** • Interpretation of graphs relating to changes in the body • Quantitative methods for planning, monitoring • Answer Multiple choice questions • Short answer questions • Extended writing questions • Evaluation various scenarios set by examiners • Independence in fitness development • Time management skills	**GCSE PE** • How the body responds to exercise • How this differs for different sports • How this differ within sports • The physiological changes • The psychological changes • How to evaluate sports performance and data • What influences people to participate in sport • How to interpret their own fitness data and plan for improvements • How to evaluate their own performance and make recommendations for the future • How to apply the principle and methods of training to their own fitness	**GCSE PE** • Literacy • Numeracy • Teamwork • Interpersonal skills • Research skills • Links to Biology, Physics, History, Psychology, Sociology, Food Technology, ICT • Leadership • ES10: Numeracy and IT skills • ES3: Working under pressure and to deadlines • ES2: Organisational skills • ES4: Ability to learning and adapt • ES1: Using initiative and being self-motivated. • ES5: Communication and interpersonal skills
Year 10	**BTEC – Sport** Component 1 • Types of Physical activity • Benefits of participation • Provision for sport & physical activity	**BTEC Sport** • Quantitative methods for planning, monitoring • Independence in fitness development	**BTEC Sport** • How the body responds to exercise • How this differs for different sports • How this differ within sports • The physiological changes	**BTEC Sport** • Communication skills • Ability to work as a team • Organisation skills

Extracurricular activities **Careers links** **Curriculum links** **Threshold topics (bold)** **PSHE, PD and cultural capital links**

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	• Types and needs of sport and physical activity • Barriers to participation • Technology and equipment in sport Component 2 • Preparation for exercise • Components of Fitness • Officials in sport • Developing skills in sport	• Time management skills • IT skills • Extended writing briefs • Practically demonstrate understanding of content • Develop writing skills • Develop oral presentation skills • Build confidence to do coursework and respond positively to feedback • Develop skills that aid recall • Independence • Verbal and non-verbal communication • Can lead skill specific practices for other students	• How to evaluate their own performance and make recommendations for the future • How to apply the principle and methods of training to their own fitness	• Manage time effectivity through assignments and revision
Year 10	**Core PE** • Know the main rules of the games • Know that common themes run through a variation of sports (attacking strategies) • Knowledge of how to officiate accurately an fairly • Knowledge of how to lead a warm-up for a group of other students specific to sports • Knowledge of the muscle for GCSE PE and know their movements • Know how to apply tactics of the game play to outwit • Know of the correct techniques for the basic skills in isolation and game scenario Know how to keep their bodies fit and healthy for life long enjoyment in PE and Sport	**Core PE** Can execute correct technique to a good level with good fluency, precision and control to influence the games and performance in activities such as • Football • Basketball • Gymnastics • Netball • Climbing • Rugby • Athletics • Rounders • Tennis • Fitness • Softball • Trampolining	**Core PE** • Can adapt a variety of strategies to outwit opponents in competitive situations • Have an understanding of how to influence competitive situations by using various strategies to attack and defend to gain an advantage. • How to work as part of a team through using highly effective verbal and non-verbal communication. • The skills of effective leaders • Can prepare themselves for a variety of types of exercise	**Core PE**: • ES4: Ability to learn and adapt • ES5: Communication and interpersonal skills • ES6: Teamwork • ES7: Negotiation skills • ES8: Valuing diversity and difference • ES9: Problem solving skills • ES1: Using initiative and being self-motivated.
Year 9	**Core PE** • Know the main rules of the games • Knowledge of how to officiate fairly • Knowledge of how to lead a warm-up for a group of other students • Knowledge of the muscle for GCSE PE and	**Core PE** Can execute correct technique to a competent level with some degree of fluency, precision and control to influence the games and performance in activities such as	**Core PE** • Can adapt a variety of strategies to outwit opponents in isolated competitive situations • Have an understanding of how to influence competitive situations by using various strategies to attack and defend.	**Core PE:** • ES4: Ability to learn and adapt • ES5: Communication and interpersonal skills • ES6: Teamwork • ES7: Negotiation skills

Extracurricular activities **Careers links** **Curriculum links** **Threshold topics (bold)** **PSHE, PD and cultural capital links**

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	begin to know their movements	• Football • Basketball • Gymnastics • Netball • Climbing • Rugby • Athletics • Rounders • Tennis • Fitness • Softball • Trampolining • Independence • Verbal and non-verbal communication	• How to work as part of a team through using highly effective verbal and non verbal communication. • The skills of effective leaders • Can prepare themselves for a variety of types of exercise	• ES8: Valuing diversity and difference • ES9: Problem solving skills • ES1: Using initiative and being self-motivated.
Year 8	**Core PE** • Know how to select and use appropriate skills in low pressurized situations • Increased knowledge of the rules to officiate conditioned games • Knowledge of a warm-up to lead a partner • Knowledge to be able to locate muscles of the body	**Core PE** Execution of core skills across a range of activities to effectively influence the games and performance in activities such as • Football • Basketball • Gymnastics • Netball • Rugby • Athletics • Rounders • Tennis • Fitness • Softball • Trampolining • Independence • Verbal and non-verbal communication	**Core PE** • Effectively use a variety of strategies to outwit opponents in isolated competitive situations • Have an understanding of how to implement various strategies to attack and defend effectively • Understand the importance of a healthy lifestyle • How to work effectively as part of a team • Can begin to prepare themselves for a variety of types of exercise •	**Core PE:** • Literacy • Numeracy • Teamwork • Interpersonal skills • Research skills • Links to Biology, Food Technology, ICT • Leadership • ES4: Ability to learn and adapt • ES5: Communication and interpersonal skills • ES6: Teamwork • ES7: Negotiation skills • ES8: Valuing diversity and difference • ES9: Problem solving skills • ES1: Using initiative and being self-motivated.
Year 7	**Core PE** • Key terms relating to the individual sports • Knowledge of the rules of the individual sports	**Core PE** Execution of core skills across a range of activities from • Football	**Core PE** • Outwitting Opponents in an isolated conditioned situations • Develop basic principles of attack &	**Core PE** • Literacy • Numeracy • Teamwork • Interpersonal skills

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	• Knowledge of what is included in a warm-up • Knowledge of the key muscles of the body	• Basketball • Gymnastics • Netball • Rugby • Athletics • Rounders • Tennis • Fitness • Independence • Verbal and non-verbal communication	Defence • How to work as part of a team • Can begin to understand how to prepare themselves for a variety of types of exercise	• Research skills • Links to Biology, Food Technology, ICT • Leadership • ES4: Ability to learn and adapt • ES5: Communication and interpersonal skills • ES6: Teamwork • ES7: Negotiation skills • ES8: Valuing diversity and difference • ES9: Problem solving skills • ES1: Using initiative and being self-motivated.

At The Elizabethan Academy we offer a curriculum that:

- is broad, balanced, inspiring and inclusive
- builds confidence, independence and **resilience**
- encourages students to develop the **skills, knowledge and understanding** required to succeed academically
- encourages students to participate in a wide variety of activities which extend beyond the classroom
- places creativity and imagination at the heart of learning to develop enquiring minds
- enables students to understand the connections and links between different subjects
- raises students' aspirations through promoting academic excellence
- develops students' **social and cultural knowledge**, skills and understanding
- develops students' **respect for spiritual and moral values**, and tolerance towards other races, religions and ways of life.
- gives students the opportunities to put theoretical skills into practice and expand their knowledge beyond the exam specification
- prepares students for the world of work in a rapidly changing world.

Extracurricular activities **Careers links** **Curriculum links** **Threshold topics (bold)** **PSHE, PD and cultural capital links**

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	Year 7 - Year 11Core PE					
	Half term 1	**Half term 2**	**Half term 3**	**Half term 4**	**Half term 5**	**Half term 6**
KS3 (7,8,9) Knowledge, skills and understanding	**4 group rotation:** Netball Rugby Football Badminton Practical assessment at the end of each unit	**4 group rotation:** Climbing/Dodgeball Trampolining Outdoor/CrossFit Fitness/Gym Practical assessment at the end of each unit **Wet Weather Alternatives:** Volleyball Gymnastics CrossFit	**4 group rotation:** Trampolining Volleyball/Climbing Dodgeball Football Practical assessment at the end of each unit **Wet Weather Alternatives:** Basketball Trampolining CrossFit	**4 group rotation:** Hockey Basketball Handball Table Tennis Practical assessment at the end of each unit	**4 group rotation:** Danish Longball/Pickleball Bench ball/dodgeball Netball Football Practical assessment at the end of each unit	**4 group rotation:** Athletics (taught long jump, shot, javelin and sprint rotations) Girls – Rounders/Tennis Boys – Rounders/Cricket Practical assessment at the end of each unit
KS4 (10, 11) Knowledge, skills and understanding	**Week 1-3:** B1 – field B2 – astro G1 – MUGA G2 – sports hall **Week 3+:** B1 – astro B2 – gym G1 – sports hall G2 – astro Practical assessment at the end of each unit	**Week 1-3:** B1 – sports hall B2 – CrossFit G1 – gym G2 – astro **Week 3+:** B1 – astro B2 – sports hall G1 – CrossFit G2 – gym Practical assessment at the end of each unit	**Week 1-3:** B1 – sports hall B2 – sports hall G1 – gym G2 – CrossFit **Week 3+:** B1 – CrossFit B2 – sports hall G1 – sports hall G2 – gym Practical assessment at the end of each unit	**Week 1-3:** B1 – sports hall B2 – MUGA G1 – astro G2 – field **Week 3+:** B1 – MUGA B2 – astro G1 – field G2 – sports hall Practical assessment at the end of each unit	**Week 1-3:** B1 – field B2 – sports hall G1 – MUGA G2 – astro **Week 3+:** B1 – astro B2 – field G1 – sports hall G2 – MUGA Practical assessment at the end of each unit	**Y10 only** **Week 1-3:** B1 – Athletics B2 – athletics G1 – athletics G2 - athletics **Week 3+:** B1 – MUGA B2 – field G1 – astro G2 – field

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Extend your learning 	• Officiating rules and regulations for all sports. • Leadership roles and how to be an effective leader. Gaelic football, pop lacrosse, tchoukball – techniques and further rules development as new sport. • Volleyball – Tactics and A/D positions • Fitness – Components of fitness, how to apply to their own workouts at home, benefits to exercise. • Netball – Positions and roles of each position so can apply better in lesson. • Rounders – How to officiate no balls, tactics at posts etc • Football – tactical formations to be used and applied • Climbing – how to successfully belay with correct techniques • Athletics – how competitions work, other examples of athletic sports. E.g. hurdles.

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GCSE PE

	Year 10 GCSE PE					
	Half term 1	**Half term 2**	**Half term 3**	**Half term 4**	**Half term 5**	**Half term 6**
Knowledge, Skills and Understanding	**Musculoskeletal System:** • Functions of the skeleton • Types of bones • Structure of skeleton • Structure of vertebrae column • Movements • Types of joints • Connective tissues • Types of muscles • Functions of muscles • Antagonistic muscle pairs • Muscle fibre types • Short and Long term effects **Practical from following:** • Climbing • Volleyball • Football • Netball • Table tennis • Trampolining • Dance	**Cardio-respiratory System:** • Functions of the CV system • Structure of CV system • Pathway of blood • Blood vessels • Vascular shunting • Components of blood • Stroke volume/cardiac output • Structure of the respiratory system • Gaseous exchange • Composition of air • Tidal volume/vital capacity • Aerobic/anaerobic respiration • Short and long term effects **Practical from following:** • Climbing • Volleyball • Football • Netball	**Levers, Planes and Axis** • Levers • Planes and Axis **PED's and Injuries** • Avoiding injury • Warm up/cool down • Types of Injuries • Treatment of injuries • Performance enhancing drugs **Practical from following:** • Climbing • Volleyball • Football • Netball • Table tennis • Trampolining • Dance • Cycling Specialist sports can be filmed outside of school – individuals responsibilities	**Physical training & application to PEP** (NEA): • Components of fitness • Fitness testing • Principles of training • Training zones • Training methods • PARQ **Practical from following:** • Climbing • Volleyball • Football • Netball • Table tennis • Trampolining • Dance • Cycling Specialist sports can be filmed outside of school – individuals responsibilities	**Practical for PEP:** Completing fitness training programmes. **PEP Write Up**	**Practicing exam technique** • AO1 - Recall • AO2 - Relate • AO3 - Evaluate Revision for mock exams **Practical from following:** • Climbing • Volleyball • Football • Netball • Table tennis • Trampolining • Dance • Cycling Specialist sports can be filmed outside of school – individuals responsibilities

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	• Cycling Specialist sports can be filmed outside of school – individuals responsibilities	• Table tennis • Trampolining • Dance • Cycling Specialist sports can be filmed outside of school – individuals responsibilities				
Assessments	End of unit test on Musculoskeletal system Exam questions in books	End of unit test on Musculoskeletal system Exam questions in books	End of unit test on levers, planes and axis Exam questions in books	End of unit test on Physical Training Exam questions in books	NEA: Coursework (10% of grade) Completion of PEP	Mock Exam: MLG worked out from Paper 1, PEP and practical scores.
Embed your knowledge	Topics of EverLearner: Musculo-skeletal units Further exam practice questions. Knowledge Organisers	Topics of EverLearner: Cardio-respiratory units Further exam practice questions. Knowledge Organisers	Topics of EverLearner: Movement Analysis units Further exam practice questions. Knowledge Organisers	Topics on EverLearner: Physical Training Units Completion of upgrade on coursework in independent learning time. Knowledge Organisers	Topics of EverLearner: PED's and injuries unit Further exam practice questions. Knowledge Organisers	Topics of EverLearner: Checkpoints on threshold topics for exam Exam practice questions on threshold topics. Knowledge Organisers
Extend your learning	• All work on The EverLearner will extend their knowledge and create opportunity to have flip learning. • Regular reading from the revision guide. • Additional assessment questions completed in independent learning time.					

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	• Read the requirements of the practical specification and PEP coursework guidelines. • Attend extra-curricular clubs for all practical sports (where possible) • Complete independent revision tasks for PPE'S

	Year 11 GCSE PE					
	Half term 1	**Half term 2**	**Half term 3**	**Half term 4**	**Half term 5**	**Half term 6**
Knowledge, Skills and Understanding	**Health, fitness and wellbeing:** • Physical/social and emotional effects • Impacts of a sedentary lifestyle • Lifestyle choices • Macro/micronutrients • Dietary manipulation • Optimum weight • Energy balance **Practical from following:** • Climbing • Volleyball • Football • Netball • Table tennis • Trampolining • Dance	**Sports Psychology:** • Classification of skills • Types of practice • Mental preparation • Goal setting • Guidance and feedback **Practical from following:** • Climbing • Volleyball • Football • Netball • Table tennis • Trampolining • Dance • Cycling	**Sport, society and culture:** • Influences on participation • commercialization of sport • Sporting behaviour • Using and analyzing data **Practical from following:** • Climbing • Volleyball • Football • Netball • Table tennis • Trampolining • Dance • Cycling	Practicing exam technique • AO1 - Recall • AO2 - Relate • AO3 – Evaluate **Practical** – Preparation for moderation (drills and game play ready for moderation)	Practicing exam technique • AO1 - Recall • AO2 - Relate • AO3 – Evaluate Exam period - End of May	

Extracurricular activities **Careers links** **Curriculum links** **Threshold topics (bold)** **PSHE, PD and cultural capital links**

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	• Cycling					
Assessments	Diet and Nutrition assessment question – 9 marks End of unit test on Health, Fitness and Wellbeing	End of unit test on Sports Psychology November PPE	End of unit assessment on Sport, Society and Culture.	Mock Exam – Paper 1 and Paper 2	Preparation for Exams – Regular Exam Question Practice.	
Embed your knowledge	Topics of EverLearner: Health, fitness and wellbeing Further exam practice Questions. Knowledge Organisers	Topics of EverLearner: Sports Psychology units Further exam practice questions. Knowledge Organisers	Topics of EverLearner: Sport, society and culture units Further exam practice questions. Knowledge Organisers	Topics of EverLearner: Checkpoints on threshold topics for exam	Exam questions by topic area – student guided and assessed based on their need.	
Extend your learning	• All work on The EverLearner will extend their knowledge. • Regular reading from the revision guide. • Additional assessment questions completed in independent learning time. • Create mind maps on topics that may become difficult in future. Etc.Graphs, antagonistic muscle pairs, muscle fibres. • Complete independent tasks that have been identified in knowledge audits. • Attend extra-curricular activities that relate to GCSE practicals.				Targeted revision for component 1 and 2	

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BTEC Sport Route

	Year 10					
	Half term 1	**Half term 2**	**Half term 3**	**Half term 4**	**Half term 5**	**Half term 6**
Knowledge, Skills and Understanding	**Component 1** Learning Outcome A: Explore types and provision of sport and physical activity for different types of participant A1 Types and providers of sport A2 Types and needs of sport A3 Barriers to participation in sport A4 Methods to address barriers to participation **C1 – Task 1 PSA** **Component 1** Learning Outcome B: Examine equipment and technology required for participants to use when taking part in sport and physical activity	B2 Different types of technology and their benefits to improve sport and physical activity participation and performance B3 The limitations of using technology in sport and physical activity **C1 – Task 2 PSA** **Component 1** Learning Outcome C Be able to prepare participants to take part in sport and physical activity C1 Planning a warm-up C2 Adapting a warm-up for different categories of participants and different types of physical activities C3 Delivering a warm-up to prepare	**Component 2** Learning Outcome A: Understand how different components of fitness are used in different physical activities A1 Components of physical fitness A2 Components of skill-related fitness C2 – Task 1 PSA	**Component 2** Learning Outcome B: Be able to participate in sport and understand the roles and responsibilities of officials B1 Techniques, strategies and fitness required for different sports B2 Officials in sport B3 Rules and regulations in sports C2 – Task 2 and Task 3 PSA	**Component 2** Learning Outcome C Demonstrate ways to improve participants sporting techniques. C1 Planning drills and conditioned practices to develop participants' sporting skills C2 Drills to improve sporting performance **C2 – Task 4 and 5 PSA**	**Component 3** AO1 Demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise A1 The importance of fitness for successful participation in sport A2 Fitness training principles A3 Exercise intensity and how it can be determined

Extracurricular activities **Careers links** **Curriculum links** **Threshold topics (bold)** **PSHE, PD and cultural capital links**

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	B1 Different types of sports clothing and equipment	participants for physical activity **C1 – Task 2 PSA**				
	Component 1 Task 1. Person Set Assignment	Component 1 Task 2 and 3. Person Set Assignment.	Component 2 Task 1 Person Set Assignment	Component 2 Task 2 and 3. Person Set Assignment	Component 3 AO1 end of unit test	Component 2 AO2 end of unit test
Embed your knowledge	Topics on Everlearner • Types and providers of sport • Outdoor Activities • Provision of sport • Barriers to sport	Topics on Everlearner Sports Clothing and Equipment Influence of technology Planning warm ups Delivering a warm up	Topics on Everlearner Components of fitness Officials and the roles of officials	Topics on Everlearner	Topics on Everlearner The importance of fitness for successful participation in sport Fitness training principles Exercise intensity and how it can be determined	Topics on Everlearner Importance of fitness testing and requirements for administration of each fitness test Fitness test methods for components of physical fitness Fitness test methods for components of skill-related fitness Interpretation of fitness test results
Extend your learning	• All work on The EverLearner will extend their knowledge. • Regular reading from the revision guide. • Additional assessment questions completed in independent learning time. • Work on practice answering scenario-based questions as well as recall lining to assignment briefs component 1,2 and 3 • Leadership activities in Core PE • Attend extra-curricular activities for practical performance					

Extracurricular activities **Careers links** **Curriculum links** **Threshold topics (bold)** **PSHE, PD and cultural capital links**

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	Year 11					
	Half term 1	**Half term 2**	**Half term 3**	**Half term 4**	**Half term 5**	**Half term 6**
Knowledge, Skills and Understanding 	**Component 3** AO2 Demonstrate an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise B1 Importance of fitness testing and requirements for administration of each fitness test B2 Fitness test methods for components of physical fitness B3 Fitness test methods for components of skill-related fitness B4 Interpretation of fitness test results	**Component 3** AO3 Apply an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise C1 Requirements for each of the following fitness training methods C2 Fitness training methods for physical components of fitness C3 Fitness training methods for skill-related components of fitness C4 Additional requirements for each of the fitness training methods C5 Provision for taking part in fitness training methods C6 The effects of long-term fitness training on the body systems Practical: fitness testing	**Component 3** AO4 Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise D1 Personal information to aid training fitness programme design D2 Fitness programme design D3 Motivational techniques for fitness programming Mock Exam	Revision for exam	Revision for exam	
	**HT1- Learning aim A+B assessment** **HT2-Learning aim C assessment**		**HT3- Learning aim D assessment** **HT4- Mock paper**		**Final Exam**	

Extracurricular activities **Careers links** **Curriculum links** **Threshold topics (bold)** **PSHE, PD and cultural capital links**

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 **Embed your knowledge**	Topics on Everlearner Fitness Testing Requirements Fitness Testing Methods Provision of Sport Long Term effects of training Motivation Goal Setting	Topics on Everlearner – Checkpoint revision Learning Aim A Learning Aim B Learning Aim C Learning Aim D	Topics on Everlearner –Checkpoint revision Learning Aim A Learning Aim B Learning Aim C Learning Aim D	
Extend your learning 	• All work on The EverLearner will extend their knowledge. • Regular reading from the revision guide. • Additional assessment questions completed in independent learning time. • Work on practice answering scenario-based questions as well as recall lining to assignment briefs component 1,2 and 3 • Leadership activities in Core PE • Attend extra-curricular activities for practical performance			

Extracurricular activities **Careers links** **Curriculum links** **Threshold topics (bold)** **PSHE, PD and cultural capital links**

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	Year 12

Extracurricular activities Careers links Curriculum links Threshold topics (bold) PSHE, PD and cultural capital links

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Knowledge, Skills and Understanding 	**Unit 2: Fitness Training and Programming for Health, Sport and Well-being** **A Examine lifestyle factors and their effect on health and well-being** A1 Positive lifestyle factors and their effects on health and well-being A2 Negative lifestyle factors and their effects on health and well-being A3 Lifestyle modification techniques **B Understand the screening processes for training programming** B1 Screening Processes B2 Health monitoring tests B3 Interpreting the results of health monitoring tests **Unit 1- Anatomy and Physiology** **Topic A**	**Unit 2: Fitness Training and Programming for Health, Sport and Well-being** **C Understand programme-related nutritional needs** C1 Common terminology C2 Components of a balanced diet C3 Nutritional strategies for individuals taking part in training programmes **D Examine training methods for different components of fitness** D1 Components of fitness to be trained D1.1 Skill-related fitness D2 Training methods for physical fitness-related components D2.1 Aerobic endurance training methods D2.2 Muscular strength training methods D2.3 Muscular endurance training **Unit 1- Anatomy and Physiology**	**Unit 2: Fitness Training and Programming for Health, Sport and Well-being** **D Examine training methods for different components of fitness** methods D2.4 Core stability training methods D2.5 Flexibility training methods D2.6 Speed training methods D3 Training methods for skill-related fitness components D3.1 Agility training methods **Unit 2: Fitness Training and Programming for Health, Sport and Well-being** D3.2 Balance training methods D3.3 Coordination training methods D3.4 Reaction time training methods D3.5 Power training methods	**Programming for Health, Sport and Well-being** E **Understand training programme design** E1 Principles of fitness training programme design **Unit 1- Anatomy and Physiology** **D The effects of sport and exercise performance on the cardiovascular system** D1 Structure of the cardiovascular system D2 Function of the cardiovascular system D3 Nervous control of the cardiac cycle D4 Responses of the cardiovascular system to a single sport or exercise session D5 Adaptations of the cardiovascular system to exercise D6 Additional factors affecting the cardiovascular system	E1 the role of ATP in exercise E2 the ATP-PC (a lactic) system in exercise and sports performance E3 the lactate system in exercise and sports performance **Unit 1- Anatomy and Physiology** E4 the aerobic system in exercise and sports performance E5 Adaptations of the energy system to exercise E6 Additional factors affecting the energy systems Revision for exam units	**Year 13 preparation** Practical application fitness testing in preparation for year13 Supporting sporting events to gain skills for units in year 13

Extracurricular activities **Careers links** **Curriculum links** **Threshold topics (bold)** **PSHE, PD and cultural capital links**

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	A The effects of exercise and sports performance A2 Function of skeletal system A3 Joints A4 Responses of the skeletal system to a single sport or exercise session A5 Adaptations of the skeletal system to exercise A6 Additional factors affecting the skeletal system	**Topic B- The effects of exercise and sports performance on the muscular system** B1 Characteristics and functions of different types of muscles B2 Major skeletal muscles of the muscular system B3 Antagonistic muscle pairs B4 Types of skeletal muscle contraction B5 Fibre types B6 Responses of the muscular system to a single sport or exercise session B7 Adaptations of the muscular system to exercise B8 Additional factors affecting the muscular system	**Unit 1- Anatomy and Physiology** **Topic C- The effects of exercise and sports performance on the respiratory system** C1 Structure of the respiratory system C2 Function C3 Lung volumes C4 Control of breathing	**E The effects of exercise and sports performance on the energy systems** **Unit 1- Anatomy and Physiology** C5 Responses of the respiratory system to a single sport or exercise session C6 Adaptations of the respiratory system to exercise C7 Additional factors affecting the respiratory system		

Extracurricular activities **Careers links** **Curriculum links** **Threshold topics (bold)** **PSHE, PD and cultural capital links**

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	Unit 1: HT1 Skeletal System and Ossification HT2 Muscular System Unit 2: HT1Learning Aim A HT2Learning aim B	Unit 1: HT3- Cardiac system HT3- respiratory System HT4- energy systems Unit 2: HT3 Learning aim C HT4 Learning aim D HT4- Unit 1 external exam Unit 2 external exam	**Mock practical assessment for unit 5**
 **Embed your knowledge**	https://elizabethan.sharepoint.com/:f:/s/year12BTEC/ElwgtEdo71pDrKewxpaKrI8BeeRbQTLeJRyjbWhEkV5MFA?e=Ww85np https://elizabethan.sharepoint.com/:f:/s/year12BTEC/ElU-RR8tQTRBuptcQyXvKdMBWx__eHMFWUxlziYVYw-mpA?e=cOjMNu You tube links added to PowerPoint resource found in teams	https://elizabethan.sharepoint.com/:f:/s/year12BTEC/ElwgtEdo71pDrKewxpaKrI8BeeRbQTLeJRyjbWhEkV5MFA?e=Ww85np https://elizabethan.sharepoint.com/:f:/s/year12BTEC/ElU-RR8tQTRBuptcQyXvKdMBWx__eHMFWUxlziYVYw-mpA?e=cOjMNu You tube links added to PowerPoint resource found in teams	https://elizabethan.sharepoint.com/:f:/s/year12BTEC/ElwgtEdo71pDrKewxpaKrI8BeeRbQTLeJRyjbWhEkV5MFA?e=Ww85np https://elizabethan.sharepoint.com/:f:/s/year12BTEC/ElU-RR8tQTRBuptcQyXvKdMBWx__eHMFWUxlziYVYw-mpA?e=cOjMNu You tube links added to PowerPoint resource found in teams
Extend your learning 	Homework tasks that cover class content planning and delivering to peers practical application to class content Past paper accessible on teams Sample-assessment-material-Unit-1-Anatomy-and-Physiology.pdf (pearson.com) Sample-assessment-material-Unit-2-Fitness-Training-and-Programming-for-Health-Sport-and-Well-Being.pdf (pearson.com) Preparation for year 13 Unit-5		

Extracurricular activities **Careers links** **Curriculum links** **Threshold topics (bold)** **PSHE, PD and cultural capital links**

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	Year 13					
	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6

Extracurricular activities Careers links Curriculum links Threshold topics (bold) PSHE, PD and cultural capital links

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Knowledge, Skills and Understanding 	**Unit 5: Application of fitness testing** **Learning aim A: Understand the principles of fitness testing** **A1** Validity of fitness tests **A2** Reliability of fitness Tests **A3** Practicality and suitability of fitness tests **A4** Ethical issues associated with fitness screening components of skill-related fitness **B3** Planning of tests **B4** Administration of tests **Unit 3- Professional Development in the Sports Industry** **Learning aim A: Understand the career and job opportunities in the sports industry**	**Unit 5: Application of fitness testing** **Learning aim B Explore fitness tests for different components of fitness** **B1** Fitness tests to assess components of physical Fitness **Unit 3- Professional Development in the Sports Industry** **Learning aim B: Explore own skills using a skills audit to inform a career development action plan** B1 Personal skills audit for potential careers B2 Planning personal development towards a career in the sports industry B3 Maintaining a personal portfolio/record of achievement and experience	**Unit 5: Application of fitness testing** **Learning aim B Explore fitness tests for different components of fitness** **B2** Fitness tests to assess **Unit 3- Professional Development in the Sports Industry** **Learning aim C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway** C1 Job applications C2 Interviews and selected career pathway-specific skills	**Unit 5: Application of fitness testing** **Learning aim C Undertake evaluation and feedback of fitness tests results** **C1** Produce a fitness profile for a selected sports performance ted sports performance **Unit 3- Professional Development in the Sports Industry** **Learning aim D: Reflect on the recruitment and selection process and your individual performance** D1 Review and evaluation D2 Updated SWOT and action plan	**Unit 2: Fitness Training and Programming for Health, Sport and Well-being** **Unit 1- Anatomy and Physiology** Revision and resits	

Extracurricular activities **Careers links** **Curriculum links** **Threshold topics (bold)** **PSHE, PD and cultural capital links**

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	A1 Scope and provision of the sports industry A2 Careers and jobs in the sports industry A3 Professional training routes, legislation, skills in the sports industry A4 Sources of continuing professional development (CPD)					
	Unit-5 Written report		Unit-3 Presentation of fitness testing		Unit 3 and 5 learning aim assessments **Exam re-sits where needed**	
 **Embed your knowledge**	Note summarization, everleanrer tasks, planning and delivering planned content https://elizabethan.sharepoint.com/:f:/s/year12BTEC/ElwgtEdo71pDrKewxpaKrI8BeeRbQTLeJRyjbWhEkV5MFA?e=Ww85np https://elizabethan.sharepoint.com/:f:/s/year12BTEC/EIU-RR8tQTRBuptcQyXvKdMBWx__eHMFWUxlziYVYw-mpA?e=cOjMNu You tube links added to Powerpoint resource found in teams					
Extend your learning 	• homework tasks that cover class content • Planning and delivering to peers • Practical application to class content • Work shared on Teams on a HT basis for independent revision • Help and support with sporting events lined to unit 3 • Help and support with sporting events linked to unit 3.					

Extracurricular activities **Careers links** **Curriculum links** **Threshold topics (bold)** **PSHE, PD and cultural capital links**

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Extracurricular activities Careers links Curriculum links Threshold topics (bold) PSHE, PD and cultural capital links