

GCSE Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	<u>Component 1:</u> Musculoskeletal and cardiorespiratory systems.	<u>Component 1:</u> Aerobic/Anaerobic exercise and movement analysis.	<u>Component 1:</u> Fitness components and fitness tests. <i>MY Assessment</i>	<u>Component 1:</u> Training principles and injuries.	<u>Component 4:</u> Personal Exercise Programme.	<u>Component 4:</u> Personal Exercise Programme. <i>EOY Assessment</i>
	<u>Component 3:</u> Handball.	<u>Component 3:</u> Badminton/table tennis.	<u>Component 3:</u> Football.	<u>Component 3:</u> Athletics. <i>Practical Assessment.</i>	<u>Component 4:</u> Personal Exercise Programme.	<u>Component 4:</u> Personal Exercise Programme.
Year 11	<u>Component 2:</u> Health, fitness and wellbeing.	<u>Component 2:</u> Sport psychology. <i>MY Assessment</i>	<u>Component 2:</u> Socio-cultural influences.	REVISION <i>Mock Exams</i>	EXAMS	
	<u>Component 3:</u> Handball.	<u>Component 3:</u> Badminton/table tennis.	<u>Component 3:</u> Football.	<u>Component 3:</u> Athletics. <i>Practical Assessment.</i>		

BTEC Tech award in Sport

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<u>YEAR 10</u> Theory = 200mins per fortnight. Practical = 100mins per fortnight	<u>Component 1:</u> LOA A1- Types and providers of sport and Physical Activities A2- Types and needs of sport and physical activity participants A3- Barriers to participation in sport and physical activity A4- Methods to address barriers to participation in sport and physical activity for different types of learners	<u>Component 1:</u> B1/2-Technology and clothing in sport B3- The limitations of using technology in sport and physical activity C-Planning and delivering a warmup	<u>Component 1:</u> Component 1 case study set by Pearson covering LOA LOB LOC Deadline May MY Assessment	<u>Component 1:</u> Component 1 case study set by Pearson covering LOA LOB LOC Deadline May	<u>Component 2:</u> LOA: Components of fitness that are used in different physical activities LOB- participate in sport and understand the roles and responsibilities of officials <u>Component 3:</u> Exam content	<u>Component 2:</u> LOC: Demonstrate ways to improve participants sporting techniques <u>Component 3:</u> Exam content EOY Assessment
	<u>Component 3:</u> Exam content	<u>Component 3:</u> Exam content			<u>Component 3:</u> Exam content	<u>Component 3:</u> Exam content
<u>YEAR 11</u> Theory = 200mins per fortnight. Practical = 100mins per fortnight	<u>Component 2:</u> Component 2 case study set by Pearson covering LOA LOB LOC Deadline December	<u>Component 1:</u> Component 2 case study set by Pearson covering LOA LOB LOC Deadline December Internal MY Assessment	REVISION Mock Exams	REVISION Mock Exams	EXAMS	
			<u>Component 3:</u> Exam content	<u>Component 3:</u> Exam content		