

## CORE PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	<b>CORE SKILL DEVELOPMENT</b> <i>Rotation of:</i> Athletics, Badminton, Basketball, Cricket, Fitness, Football, Handball, Netball, Rounders, Swimming, Touch Rugby					
8	<b>CORE SKILL DEVELOPMENT</b> <i>Rotation of:</i> Athletics, Badminton, Basketball, Cricket, Fitness, Football, Handball, Netball, Rounders, Swimming, Touch Rugby					
9	<b>USING CORE SKILLS TO DEVELOP TACTICS &amp; STRATEGIES</b> <i>Rotation of:</i> Athletics, Badminton, Basketball, Cricket, Fitness, Football, Handball, Netball, Rounders, Swimming, Touch Rugby					
10	<b>USING CORE SKILLS TO DEVELOP TACTICS &amp; STRATEGIES</b> <i>Rotation of:</i> Athletics, Badminton, Basketball, Cricket, Fitness, Football, Handball, Netball, Rounders, Swimming, Touch Rugby					
11	<b>APPLYING TACTICS &amp; STRATEGIES &amp; LEADING YOUR OWN ACTIVITIES</b> <i>Selection of:</i> Athletics, Badminton, Basketball, Cricket, Fitness, Football, Handball, Netball, Rounders, Swimming, Touch Rugby					

## GCSE PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>10</b>	Applied Anatomy & Physiology	Applied Anatomy & Physiology	Movement Analysis	Physical Training	Use of Data Personal Exercise Programme	Personal Exercise Programme
<b>11</b>	Personal Exercise Programme  Health and Performance	Health and Performance  Sport Psychology	Sport Psychology  Socio-cultural Influences	Use of Data  Exam Preparation	Exam Preparation	Exam Preparation

## BTEC Sport

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	<b>Component 2</b>  <i><b>Taking part and improving other participants sporting performance</b></i>  LA.A – understand how different components of fitness are used in different physical activities  LA.B – be able to participate in sport and understand the roles and responsibilities of officials  LA.C – planning drills and conditioned practices to develop participants sporting skills		<b>Component 2 - PSA</b>  Students to complete all three Component 2 assignments	<b>Component 1</b>  <i><b>Preparing to take part in sport</b></i>  LA.A – explore types and provision of sport and physical activity for different types of participant  LA.B - examine equipment and technology required for participants to use when taking part in sport and physical activity  LA.C – be able to prepare participants to take part in physical activity		<b>Component 1 - PSA</b>  Students to complete all three Component 1 assignments
11	<b>Component 3</b>  <i><b>Developing fitness to improve other participants performance in sport and physical activity</b></i>  Exam Preparation		Course Complete			

## BTEC Sport & Exercise Science

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>10</b>	<b>Unit 2</b> <b><i>Functional Anatomy</i></b>  LA.A – anatomical positions LA.B – anatomy of the cardiovascular system LA.C – anatomy of the respiratory system LA.D – anatomy of the skeletal system	<b>Unit 2</b> <b><i>Functional Anatomy</i></b>  LA.E – anatomy of the muscular system LA.F – Analysis of movement	<b>Unit 7</b> <b><i>Biomechanics in sport and exercise science</i></b>  LA.A – investigate linear motion in sport and exercise activities	<b>Unit 7</b> <b><i>Biomechanics in sport and exercise science</i></b>  LA.B – examine forces acting on sports performers and their equipment	<b>Unit 7</b> <b><i>Biomechanics in sport and exercise science</i></b>  LA.C – investigate angular motion in sport and exercise activities	<b>Unit 3</b> <b><i>Applied sport and exercise psychology</i></b>  LA.A – motivation for sports and exercise
<b>11</b>	<b>Unit 3</b> <b><i>Applied sport and exercise psychology</i></b>  LA.B – competitive pressure in sport LA.C – effects of self-confidence, self-efficacy and self-esteem on sport and exercise performance LA.D – mindset in sport and exercise performance	<b>Unit 3</b> <b><i>Applied sport and exercise psychology</i></b>  LA.D – mindset in sport and exercise performance LA.E – group dynamics in sport	<b>Unit 3</b> <b><i>Applied sport and exercise psychology</i></b>  Exam Preparation  <b>Unit 6</b> <b><i>Coaching for performance and fitness</i></b>  LA.A – investigate coaching for performance and fitness	<b>Unit 6</b> <b><i>Coaching for performance and fitness</i></b>  LA.B – explore practices, adaptations and measures used to develop performance and fitness	<b>Unit 6</b> <b><i>Coaching for performance and fitness</i></b>  LA.C – demonstrate effective planning of coaching to develop performance and fitness  LA.D – explore the impact of coaching for performance and fitness	Course Complete