



Subject Area: Physical Education

'Physical Education is an ideal platform to develop an individual's ability to think and reason through physical processes; to grow physically and lead a healthy lifestyle; to nurture the sense of self-fulfilment through physical activity'

Curriculum Overviews	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Unit 1: Fitness for sport and exercise Components of fitness Training zones Principles of training	Unit 1: Fitness for sport and exercise Fitness testing Methods of training Advantages and disadvantages	Unit 1: Fitness for sport and exercise Revision and exam Unit 2: Practical Sport Rules, regulations and tactics in individual and team sports.	Unit 1: Fitness for sport and exercise Revision and exam Unit 2: Practical Sport Rules, regulations and tactics in individual and team sports.	Unit 2: Practical Sport Skills and techniques Practical evidence Evaluating practical performance	Unit 2: Practical Sport Skills and techniques Practical evidence Evaluating practical performance
Year 11	Unit 6: Sports Leadership Attributes of Sports leaders Evaluating Sports leaders	Unit 6: Sports Leadership Planning, delivering and evaluating sports activities.	Unit 3: Applying the principles of personal training Designing a 6-week training programme. Unit 1: Fitness for sport and exercise Revision if required	Unit 3: Applying the principles of personal training Musculoskeletal and respiratory system Unit 1: Fitness for sport and exercise External exam re-sit option.	Unit 3: Applying the principles of personal training Evaluating the 6-week training programme.	

Texts, Exam Boards and Useful Websites:

Key Stage 4 (Year 10 - 11)

Exam Board – Pearson exam BTEC First for Sport
https://qualifications.pearson.com/content/dam/pdf/BTEC-Firsts/Sport/2012/Specification-and-sample-assessments/9781446936368_BTECFIRST_AWD_SPORT_SPEC_ISS4.pdf