# Physical Education & Sport Curriculum Map

Year 7

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Autumn 1  Topic: Football, rugby, netball, basketball, gymnastics, dance, HRF.  Introduces: Ability to perform basic skills in small sided games, understand basic rules of the sport; apply skills, knowledge & understanding in games.  Exploration of basic travel, balance, rotation & choreography. Understanding of HRF, warming up & cooling	Topic: Football, rugby, netball, basketball, gymnastics, dance, HRF.  Introduces: Ability to perform basic skills in small sided games, understand basic rules of the sport; apply skills, knowledge & understanding in games.  Exploration of basic travel, balance, rotation & choreography. Understanding of HRF, warming up & cooling	Topic: Football, rugby, netball, basketball, gymnastics, dance, HRF.  Introduces: Ability to perform basic skills in small sided games, understand basic rules of the sport; apply skills, knowledge & understanding in games.  Exploration of basic travel, balance, rotation & choreography. Understanding of HRF, warming up & cooling	Topic: Football, rugby, netball, basketball, gymnastics, dance, HRF.  Introduces: Ability to perform basic skills in small sided games, understand basic rules of the sport; apply skills, knowledge & understanding in games.  Exploration of basic travel, balance, rotation & choreography. Understanding of HRF, warming up & cooling	Introduces: Knowledge and understanding of basic principles of striking and fielding games; apply skills, knowledge & understanding of rules in games. Ability to perform basic, running, jumping & throwing actions in athletic events.	Introduces: Knowledge and understanding of basic principles of striking and fielding games; apply skills, knowledge & understanding of rules in games. Ability to perform basic, running, jumping & throwing actions in athletic events.
down.  Builds upon:	down.  Builds upon: PE they	Builds upon: PE they	down. <b>Builds upon:</b> PE they	Builds upon: PE they	Builds upon: PE they
PE they have done in primary school, key language & terminology.	have done in primary school, key language & terminology.	have done in primary school, key language & terminology.	have done in primary school, key language & terminology.	have done in primary school, key language & terminology.	have done in primary school, key language & terminology.
Assessment: End of unit practical	Assessment: End of unit practical	Assessment: End of unit practical	Assessment: End of unit practical	Assessment: End of unit practical	Assessment: End of unit practical

Year 8

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topic:</b> Football, rugby,	<b>Topic:</b> Football, rugby,	Topic: Football, rugby,	Topic: Football, rugby,	Topic: Cricket,	Topic: Cricket,
netball, basketball,	netball, basketball,	netball, basketball,	netball, basketball,	athletics, rounders.	athletics, rounders.
gymnastics, OAA, HRF.	gymnastics, OAA, HRF.	gymnastics, OAA, HRF.	gymnastics, OAA, HRF.		
Introduces: Ability to	Introduces: Ability to	Introduces: Ability to	Introduces: Ability to	Introduces: To	Introduces: To
develop skills in small	develop skills in small	develop skills in small	develop skills in small	develop knowledge	develop knowledge
sided games, develop	sided games, develop	sided games, develop	sided games, develop	and understanding of	and understanding of
understanding of the	understanding of the	understanding of the	understanding of the	the principles of	the principles of
rules of the sport;	rules of the sport;	rules of the sport;	rules of the sport;	striking and fielding	striking and fielding
apply skills, knowledge	apply skills, knowledge	apply skills, knowledge	apply skills, knowledge	games; apply skills,	games; apply skills,
& understanding in	& understanding in	& understanding in	& understanding in	knowledge &	knowledge &
games.	games.	games.	games.	understanding of rules	understanding of rules
Exploration of flight,	Exploration of flight,	Exploration of flight,	Exploration of flight,	in games.	in games.
travel, balance &	travel, balance &	travel, balance &	travel, balance &	Ability to develop	Ability to develop
rotation.	rotation.	rotation.	rotation.	running, jumping &	running, jumping &
Understanding of HRF,	Understanding of HRF,	Understanding of HRF,	Understanding of HRF,	throwing actions in	throwing actions in
warming up & cooling	warming up & cooling	warming up & cooling	warming up & cooling	athletic events.	athletic events.
down.	down.	down.	down.		
Develop problem	Develop problem	Develop problem	Develop problem		
solving & team building	solving & team building	solving & team building	solving & team building		
skills.	skills.	skills.	skills.		
Builds upon: topics	Builds upon: topics	Builds upon: topics	Builds upon: topics	Builds upon: topics	Builds upon: topics
taught in year 7 to	taught in year 7 to	taught in year 7 to	taught in year 7 to	taught in year 7 to	taught in year 7 to
embed key language &	embed key language &	embed key language &	embed key language &	embed key language &	embed key language &
terminology, enhance	terminology, enhance	terminology, enhance	terminology, enhance	terminology, enhance	terminology, enhance
skills and ability to	skills and ability to	skills and ability to	skills and ability to	skills and ability to	skills and ability to
apply them in changing	apply them in changing	apply them in changing	apply them in changing	apply them in changing	apply them in changing
situations.	situations.	situations.	situations.	situations.	situations.
Assessment: End of	Assessment: End of	Assessment: End of	Assessment: End of	Assessment: End of	Assessment: End of
unit practical	unit practical	unit practical	unit practical	unit practical	unit practical

Year 9

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic: Football, handball, netball, hockey, badminton, HRF, rugby.	<b>Topic:</b> Cricket, athletics, rounders.	<b>Topic:</b> Cricket, athletics, rounders.			
Introduces: Ability to perform, develop & incorporate a range of skills, further developing understanding of the rules; applying skills to changing situations in games.  Develop principles of attack & defence.  Develop understanding of HRF & components of fitness.	Introduces: Ability to perform, develop & incorporate a range of skills, further developing understanding of the rules; applying skills to changing situations in games.  Develop principles of attack & defence.  Develop understanding of HRF & components of fitness.	Introduces: Ability to perform, develop & incorporate a range of skills, further developing understanding of the rules; applying skills to changing situations in games.  Develop principles of attack & defence.  Develop understanding of HRF & components of fitness.	Introduces: Ability to perform, develop & incorporate a range of skills, further developing understanding of the rules; applying skills to changing situations in games.  Develop principles of attack & defence.  Develop understanding of HRF & components of fitness.	Introduces: To further develop knowledge and understanding of the principles of striking and fielding games; apply skills, knowledge & understanding of rules in games. Ability to develop running, jumping & throwing actions in athletic events.	Introduces: To further develop knowledge and understanding of the principles of striking and fielding games; apply skills, knowledge & understanding of rules in games. Ability to develop running, jumping & throwing actions in athletic events.
Builds upon: topics taught in year 8 to enhance key language used across sports, leadership in sport, and application of skills across sports.  Assessment: End of unit practical	Builds upon: topics taught in year 8 to enhance key language used across sports, leadership in sport, and application of skills across sports.  Assessment: End of unit practical	Builds upon: topics taught in year 8 to enhance key language used across sports, leadership in sport, and application of skills across sports.  Assessment: End of unit practical	Builds upon: topics taught in year 8 to enhance key language used across sports, leadership in sport, and application of skills across sports.  Assessment: End of unit practical	Builds upon: topics taught in year 8 to enhance key language used across sports, leadership in sport, and application of skills across sports.  Assessment: End of unit practical	Builds upon: topics taught in year 8 to enhance key language used across sports, leadership in sport, and application of skills across sports.  Assessment: End of unit practical

Year 10

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic: Football, handball, netball, hockey, badminton, OAA, lacrosse. Introduces: Ability to	Topic: Football, handball, netball, hockey, badminton, OAA, lacrosse. Introduces: Ability to	Topic: Football, handball, netball, hockey, badminton, OAA, lacrosse. Introduces: Ability to	Topic: Football, handball, netball, hockey, badminton, OAA, lacrosse. Introduces: Ability to	Topic: Cricket, athletics, rounders.  Introduces: To further	Topic: Cricket, athletics, rounders.  Introduces: To further
enhance performance by incorporation of a range of skills using enhanced knowledge of rules to changing situations in game play. To further develop principles of attack & defence to outwit opponents.	enhance performance by incorporation of a range of skills using enhanced knowledge of rules to changing situations in game play. To further develop principles of attack & defence to outwit opponents.	enhance performance by incorporation of a range of skills using enhanced knowledge of rules to changing situations in game play. To further develop principles of attack & defence to outwit opponents. To develop problem solving skills.	enhance performance by incorporation of a range of skills using enhanced knowledge of rules to changing situations in game play. To further develop principles of attack & defence to outwit opponents.	enhance knowledge and understanding of the principles of striking and fielding games; and the application of rules in games. Ability to develop running, jumping & throwing actions in athletic events.	enhance knowledge and understanding of the principles of striking and fielding games; and the application of rules in games. Ability to develop running, jumping & throwing actions in athletic events.
Builds upon: topics taught in KS3 which embeds key knowledge across sports, leadership in sport, and application of skills in competitive situations.  Assessment: N/A	Builds upon: topics taught in KS3 which embeds key knowledge across sports, leadership in sport, and application of skills in competitive situations.  Assessment: N/A	Builds upon: topics taught in KS3 which embeds key knowledge across sports, leadership in sport, and application of skills in competitive situations.  Assessment: N/A	Builds upon: topics taught in KS3 which embeds key knowledge across sports, leadership in sport, and application of skills in competitive situations.  Assessment: N/A	Builds upon: topics taught in KS3 which embeds key knowledge across sports, leadership in sport, and application of skills in competitive situations.  Assessment: N/A	Builds upon: topics taught in KS3 which embeds key knowledge across sports, leadership in sport, and application of skills in competitive situations.  Assessment: N/A

Year 11

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
Topic: Football,	<b>Topic:</b> Football,	<b>Topic:</b> Football,	Topic: Football,	Topic: Football,
handball, basketball,	handball, basketball,	lacrosse, HRF,	lacrosse, HRF,	lacrosse, HRF, S&F,
badminton, HRF.	badminton, HRF.	volleyball, OAA.	volleyball, dodgeball.	dodgeball.
Introduces: Ability to				
enhance performance				
by incorporation of a	by incorporation of			
range of skills using	skills using enhanced			
enhanced knowledge	enhanced knowledge	enhanced knowledge	enhanced knowledge	knowledge of rules.
of rules to changing	To further enhance			
situations in game play.	knowledge and			
To further develop	To further develop	To further develop	To further develop	understanding of the
principles of attack &	principles of striking			
defence to outwit	defence to outwit	defence to outwit	defence to outwit	and fielding games;
opponents.	opponents.	opponents.	opponents.	and the application of
Increase knowledge of	Increase knowledge of	Increase knowledge of	Increase knowledge of	rules in games.
a healthy active	a healthy active	a healthy active	a healthy active	Increase knowledge of
lifestyle.	lifestyle.	lifestyle. To develop	lifestyle.	a healthy active
		problem solving skills.		lifestyle.
Builds upon: topics				
taught in KS3 which				
embeds key knowledge				
across sports,				
leadership in sport, and				
application of skills in				
competitive situations.				
Assessment: N/A				

## **Year 10 BTEC Tech Award in Sport**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topic:</b> Component 1	<b>Topic:</b> Component 1	<b>Topic:</b> Component 1	<b>Topic:</b> Component 1	<b>Topic:</b> Component 2 &	<b>Topic:</b> Component 2 &
				3	3
Introduces: Preparing	Introduces: Examine	Introduces: Preparing	Introduces: Examine	Introduces:	Introduces:
participants to take	equipment and	participants to take	equipment and	Demonstrate their	Demonstrate their
part in sport and	technology required for	part in sport and	technology required for	knowledge and	knowledge and
physical activity;	participants to use	physical activity;	participants to use	understanding of the	understanding of
exploring types and	when taking part in	exploring types and	when taking part in	components of fitness;	officials in sport and
provision of sport and	sport and physical	provision of sport and	sport and physical	demonstrate their skill	two key rules and
physical activity for	activity; be able to	physical activity for	activity; be able to	in a selected sport in	regulations in sport;
different types of	prepare participants to	different types of	prepare participants to	isolated practice and	demonstrate their
participants.	take part in sport and	participants.	take part in sport and	skill and strategy in	knowledge and
	physical activity.		physical activity.	competitive situations.	understanding of a
				Explore the importance	sport and provide
				of fitness for sports	specific drills to
				performance.	improve participants'
					sporting techniques.
					Investigate fitness
					testing to determine
					fitness levels.
Builds upon: topics	Builds upon: topics				
taught in HRF, coaching	taught in HRF, coaching				
& leadership skills,	& leadership skills,				
knowledge of a variety	knowledge of a variety				
of sports.	of sports.				
Assessment: Writing /	Assessment: Writing /				
Presentation	Performing	Presentation	Performing	Presentation	Performing

**Year 11 BTEC Tech Award in Sport** 

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
<b>Topic:</b> Component 2	<b>Topic:</b> Component 2	<b>Topic:</b> Component 3	<b>Topic:</b> Component 3	<b>Topic:</b> Component 3
Introduces:	Introduces:	Introduces:	Introduces: Explore	Introduces:
Demonstrate their	Demonstrate their	Investigate different	the importance of	Investigate different
knowledge and	knowledge and	fitness training	fitness for sports	fitness training
understanding of the	understanding of	methods; Investigate	performance;	methods; Investigate
components of fitness;	officials in sport and	fitness programming to	Investigate fitness	fitness programming to
demonstrate their skill	two key rules and	improve fitness and	testing to determine	improve fitness and
in a selected sport in	regulations in sport;	sports performance.	fitness levels.	sports performance;
isolated practice and	demonstrate their			explore the importance
skill and strategy in	knowledge and			of fitness for sports
competitive situations.	understanding of a			performance;
	sport and provide			Investigate fitness
	specific drills to			testing to determine
	improve participants'			fitness levels.
	sporting techniques.			
Builds upon: topics				
taught in HRF, coaching	taught in HRF, coaching	taught in component 1	taught in component 1	taught in component 1
& leadership skills,	& leadership skills,	& 2, HRF, coaching &	& 2, HRF, coaching &	& 2, HRF, coaching &
knowledge of a variety	knowledge of a variety	leadership skills,	leadership skills,	leadership skills,
of sports.	of sports.	knowledge of a variety	knowledge of a variety	knowledge of a variety
		of sports.	of sports.	of sports.
Assessment: Writing /	Assessment: Writing /	Assessment: Exam	Assessment: Exam	Assessment: Exam
Presentation	Performing	practice / past papers	practice / past papers	practice / past papers

### Year 10 GCSE PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic: Applied anatomy and physiology  Introduces: To develop understanding of the musculoskeletal system; to be able to successfully use sporting examples when describing the musculoskeletal system	Topic: Applied anatomy and physiology  Introduces: To develop understanding of the cardiorespiratory system; to be able to use sporting examples when describing the cardiorespiratory system.	Topic: Movement analysis and physical training  Introduces: To develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity and sport.	Introduces: To develop knowledge and understanding of the principles of training methods in order to plan, carry out, monitor and evaluate personal exercise and training programmes.	Topic: Personal Exercise Programme and health, fitness and wellbeing Introduces: To analyse and evaluate performance through a personal exercise programme; to develop knowledge and understanding of the benefits of participating in physical activity and sport to health, fitness and	Topic: Personal Exercise Programme and health, fitness and wellbeing Introduces: To analyse and evaluate performance through a personal exercise programme; to develop knowledge and understanding of the benefits of participating in physical activity and sport to health, fitness and
Builds upon: topics taught in HRF and practical KS3 lessons.	Builds upon: topics taught in HRF and practical KS3 lessons.	Builds upon: topics taught in HRF and practical KS3 lessons.	Builds upon: topics taught in HRF and practical KS3 lessons.	wellbeing.  Builds upon: topics taught in HRF and practical KS3 lessons.	wellbeing.  Builds upon: topics taught in HRF and practical KS3 lessons.
Assessment: Topic test / writing task	Assessment: Topic test / Performing	Assessment: Writing task / Topic test	Assessment: Topic test / Performing	Assessment: Exam practice / writing task	Assessment: PEP / Performing

Year 11 GCSE PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
Topic: Sports	Topic: Personal	<b>Topic:</b> Fitness and	Topic: Health and	<b>Topic:</b> Fitness and
Psychology and	Exercise Programme	Body systems	Performance	body systems and
Socio-cultural				health and
influences				performance
Introduces: To	Introduces: To analyse	Introduces:	Introduces: Increase	Introduces:
develop knowledge &	& evaluate	Demonstrate	knowledge &	Demonstrate
understanding of the	performance through a	understanding of the	understanding of the	understanding of the
psychological factors	personal exercise	key body systems and	factors underpinning	key body systems and
that can affect	programme; develop	how they impact on	participation &	how they impact on
performers & their	knowledge &	health, fitness and	performance in	health, fitness and
performance in	understanding of the	performance in	physical activity &	performance in
physical activity &	principles of training,	physical activity &	sport; to develop	physical activity &
sport; develop	relevant methods of	sport.	knowledge and	sport; develop
knowledge &	training & use of data		understanding of the	knowledge &
understanding of the	in order to analyse &		contribution that	understanding of how
socio-cultural factors	evaluate their PEP.		physical activity and	physical activity
that impact on physical			sport make to health,	contributes to health,
activity & sport, & the			fitness & wellbeing &	fitness & wellbeing.
impact of sport in			how these can impact	
society.			on performance.	
Builds upon: skills	Builds upon: topics	Builds upon: topics	Builds upon: topics	Builds upon: topics
learnt in year 10,	taught in HRF, physical	taught in anatomy and	taught in health fitness	taught in anatomy and
practical lessons.	training, benefits of	physiology, movement	and wellbeing; sports	physiology, movement
	participation.	analysis & physical	psychology &	analysis; physical
		training.	socio-cultural	training; health;
			influences.	psychology &
				socio-cultural
				influences.
Assessment: Writing	Assessment: Exam	Assessment: Writing	Assessment: Exam	Assessment: Writing
task / PEP	Practice / Performing	task	Practice / Performing	Task

# Year 12 BTEC Sport

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic: Unit 1, Unit 2,	<b>Topic:</b> Unit 1, Unit 2,	<b>Topic:</b> Unit 3, Unit 8	<b>Topic:</b> Unit 3, Unit 8	<b>Topic:</b> Unit 5, Unit 9	Topic: Unt 1, Unit 2,
Unit 4, Unit 7	Unit 4, Unit 7				Unit 5, Unit 9
Introduces: Anatomy and physiology; fitness training and programming for health, sport and wellbeing; sports leadership; laws, skills, techniques and tactics in sport.	Introduces: Anatomy and physiology; fitness training and programming for health, sport and wellbeing; sports leadership; laws, skills, techniques and tactics in sport.	Introduces: Professional development in the sports industry; coaching for performance.	Introduces: Professional development in the sports industry; coaching for performance.	Introduces: Application of fitness testing; research methods in sport.	Introduces: Anatomy and physiology; fitness training and programming for health, sport and wellbeing; application of fitness testing; research methods in sport.
Builds upon: GCSE PE: applied anatomy & physiology, health & lifestyle factors, PEP; BTEC Sport: anatomy & physiology, leadership, roles of officials, performing in sport.	Builds upon: GCSE PE: applied anatomy & physiology, health & lifestyle factors, PEP; BTEC Sport: anatomy & physiology, leadership, roles of officials, performing in sport.	Builds upon: GCSE PE: coaching a physical activity, BTEC Sport: public, private & voluntary sectors in sport, coaching & leading a physical activity.	Builds upon: GCSE PE: coaching a physical activity, BTEC Sport: public, private & voluntary sectors in sport, coaching & leading a physical activity.	Builds upon: GCSE PE: PEP, methods of training, principles of training, fitness tests; BTEC Sport: methods of training, principles of training, fitness test.	Builds upon: GCSE PE: applied anatomy & physiology, health & lifestyle factors, PEP, methods of training, principles of training, fitness tests; BTEC Sport: anatomy & physiology, methods of training, principles of training, fitness test.
Assessment: Writing task / Exam Practice	Assessment: Writing task	Assessment: Performing / Writing task	Assessment: Performing / Interview	Assessment: Exam Practice	Assessment: Performing / Presentation

# Year 13 BTEC Sport

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
<b>Topic:</b> Unit 19, Unit 22	<b>Topic:</b> Unit 19, Unit 22	<b>Topic:</b> Unit 17, Unit 23	<b>Topic:</b> Unit 6, Unit 17, Unit 23, Unit 24	<b>Topic:</b> Unit 6, Unit 24
Introduces: Development and provision of sport; investigating business in sport and the active leisure industry.	Introduces: Development and provision of sport; investigating business in sport and the active leisure industry.	Introduces: Sports injury management; Skill acquisition in sport.	Introduces: Sports psychology; sports injury management; sports injury management; Skill acquisition in sport.	Introduces: Sports psychology; Skill acquisition in sport.
Builds upon: GCSE PE: Commercialisation in sport, BTEC Sport: Sports development, NGB's, sports continuum, commercialisation in sport, SMART goals, sports provision, SWOT analysis.	Builds upon: GCSE PE: Commercialisation in sport, BTEC Sport: Sports development, NGB's, sports continuum, commercialisation in sport, SMART goals, sports provision, SWOT analysis.	Builds upon: GCSE PE: sports injuries, classification of skills; BTEC Sport: classification of skills.	Builds upon: GCSE PE: sports injuries, health-related fitness, PEP, fitness tests, classification of skills; BTEC Sport: classification of skills, physical fitness components, fitness tests.	Builds upon: GCSE PE: health-related fitness, PEP, fitness tests; BTEC Sport: physical fitness components, fitness tests.
Assessment: Writing task / performing	Assessment: Exam Practice	Assessment: Performing / Writing task	Assessment: Writing task / performing	Assessment: Writing task

Year 12 A-Level PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topic:</b> Topic 1 Applied anatomy & physiology; Topic 3 Skill Acquisition	<b>Topic:</b> Topic 1 Applied anatomy & physiology; Topic 3 Skill Acquisition	<b>Topic:</b> Topic 2 Exercise Physiology & Applied Movement; Topic 5 Sport & Society	<b>Topic:</b> Topic 2 Exercise Physiology & Applied MovementTopic 4 Sport Psychology	Topic: Topic 2 Exercise Physiology & Applied MovementTopic 4 Sport Psychology	Topic: NEA
Introduces: musculoskeletal system, cardiorespiratory system; classification of skills, learning theories.	Introduces: neuro-muscular system; levers & newtons laws, centre of mass; coaching styles, analysis of skills, classification of skills, learning theories, types of guidance, feedback & practice.	Introduces: training methods, fitness testing, periodisation; emergence of sport, industrial revolution, modern day sport, globalisation, commercialisation, participation pyramid	Introduces: supplements & nutrition; personality theories, arousal, anxiety	Introduces: periodisation, principles of training, technology; aggression, assertion, motivation, NAF, NACH, group dynamics, SMART targets	Introduces: practical performance and written coursework
Builds upon: GCSE PE: applied anatomy & physiology, classification of skill; BTEC Sport anatomy & physiology, classification of skill.	Builds upon: GCSE PE: applied anatomy & physiology, levers, classification of skill; BTEC Sport anatomy & physiology, leadership/coaching skills, classification of skill	Builds upon: GCSE PE: training methods, fitness testing, commercialisation; BTEC Sport training methods, fitness testing.	<b>Builds upon:</b> GCSE PE: nutrition.	Builds upon: GCSE PE: principles of training, SMART targets; BTEC Sport principles of training, SMART goals	Builds upon: Practical performances in sport across KS3 & KS4 to be a performer; GCSE PE PEP coursework.
<b>Assessment:</b> Writing task / topic test	Assessment: Writing task / topic test	Assessment: Writing task / topic test	Assessment: Writing task / topic test	Assessment: Writing task / topic test	Assessment: Writing task / topic test

Year 13 A-Level PE

Autumn 1	Autumn 2	Spring 1	Spring 2
<b>Topic:</b> Topic 1 Applied	Topic: Topic 1 Applied	<b>Topic:</b> Topic 2 Exercise	<b>Topic:</b> Topic 4 Sport
anatomy & physiology;	anatomy & physiology;	Physiology & Applied	Psychology
Topic 3 Skill Acquisition	Topic 3 Skill Acquisition	Movement	
Introduces: Energy	Introduces: Energy	Introduces: Injuries,	Introduces:
Systems and	Systems and	rehabilitation, Stages of	Leadership styles, goal
Biomechanics, Linear	Biomechanics, Linear	Recovery, EPOC, OBLA	setting
Motion, Projectile	Motion, Projectile		
Motion, Fluid	Motion, Fluid		
Mechanics, ATP – PC	Mechanics, ATP – PC		
system, Lactic Acid	system, Lactic Acid		
System, Aerobic	System, Aerobic		
System; classification	System; types of		
of skills, learning	guidance, feedback &		
theories	practice.		
<b>Builds upon:</b> GCSE PE:	<b>Builds upon:</b> GCSE PE:	<b>Builds upon:</b> GCSE PE:	Builds upon: GCSE PE:
energy systems,	energy systems,	sports injuries.	SMART targets; BTEC
classification of skill;	feedback to		Sport SMART goals.
BTEC Sport	participants; BTEC		
classification of skill	Sport feedback to		
	participants		
Assessment: Writing	Assessment: Writing	Assessment: Writing	Assessment: Writing
task / topic test	task / topic test	task / topic test	task / topic test