

# Physical Education

KS5

KS4



BTEC Level 3 National Extended Diploma in Sport

YEAR 12

- Unit 1: Anatomy and Physiology
- Unit 4: Sports Leadership
- Unit 5: Application of Fitness Testing
- Unit 22: Investigating Business in Sport and the Active Leisure Industry
- Unit 10: Sports Event Organisation

YEAR 13

- Unit 2: Fitness Training and Programming for Health, Sport and Well-being
- Unit 3: Professional Development in the Sports Industry
- Unit 8: Coaching for Performance
- Unit 23: Skill Acquisition in Sport



YEAR 10

KS4

- Employable Skills:**
- Teamwork
  - Communication
  - Leadership
  - Problem Solving
  - Resilience
  - Sportsmanship
  - Sporting Etiquette

- Tactics**
- Attacking
  - Defending
  - Individual
  - Team



- Employable Skills:**
- Teamwork
  - Communication
  - Leadership
  - Problem Solving
  - Resilience
  - Sportsmanship
  - Sporting Etiquette

- Tactics**
- Attacking
  - Defending
  - Individual
  - Team

**Knowledge of Rules and Dimensions of Playing Area**

- Baseline Testing:**
- Bleep Test
  - 30m Sprint Test
  - Handball

EXAM REVISION

PRACTICAL ASSESSMENT

**Component 3: Applying the Principles of Sport and Activity**

- A Understand the fundamentals of sport and activity leadership
- B Planning sessions for target groups
- C Delivering and reviewing sessions for target groups.

**Content of Socio-cultural issues and sports psychology**

- Socio-cultural influences
- Engagement patterns of different social groups in physical activities and sports
- Commercialisation of physical activity and sport
- Ethical and socio-cultural issues in physical activity and sport
- Sports psychology
- Health, fitness and well-being

**Applied anatomy and physiology**  
The structure and function of the skeletal system

- The structure and function of the muscular system
- Movement analysis
- The cardiovascular and respiratory systems
- Effects of exercise on body systems

**Physical training**

- Components of fitness
- Applying the principles of training
- Preventing injury in physical activity and training

DEVELOPMENT OF PRACTICAL SKILLS IN CHOSEN SPORTS.

GCSE Pathway

-2 core PE lessons  
-2 GCSE PE practical lessons

BTEC Tech Sport, Activity and Fitness Pathway

-2 core PE lessons  
-2 BTEC practical lessons

**Component 1: Understand the Body and the Supporting Technology for Sport and Activity**

**Learning Aims:**

- A Investigate the impact of sport and activity on the body systems
- B Explore common injuries in sport and activity and methods of rehabilitation
- C Understand the use of technology for sport and activity.

**Component 2: The Principles of Training, Nutrition and Psychology for Sport and Activity**

**Learning Aims:**

- AO1: principles of training to improve fitness, nutrition and psychological influences
- AO2: training to improve fitness, nutrition and psychological influences.
- AO3: Analyse data in relation to fitness, nutrition and psychological influence.

Pre-Sports Day and Whole School Sports Day

**Boys:**  
-Athletics  
-Tennis  
-Cricket  
-Longball

**Girls:**  
-Athletics  
-Tennis  
-Rounders  
-Short Tennis

SUMMER ACTIVITIES

**Boys:**  
-Badminton  
-Football  
-Handball  
-Fitness

**Girls:**  
-Netball  
-Handball  
-Badminton  
-Fitness

WINTER ACTIVITIES

3 practical lessons + 1 healthy active lifestyle classroom lesson

- Skills:**
- Catching
  - Striking
  - Fielding
  - Running
  - Jumping
  - Kicking

SUMMER ACTIVITIES

**Summer School Team Squad Selection:**

- Cricket
- Athletics
- Rounders
- Tennis

**Boys:**  
-Cricket  
-Tennis  
-Athletics

**Girls:**  
-Tennis  
-Athletics  
-Rounders  
-Short Tennis

Pre-Sports Day and Whole School Sports Day

YEAR 9

Mastery of KS3 Curriculum

- Employable Skills:**
- Teamwork
  - Communication
  - Leadership
  - Problem Solving
  - Resilience
  - Sportsmanship
  - Sporting Etiquette

- Tactics**
- Attacking
  - Defending
  - Individual
  - Team

**Knowledge of Rules and Dimensions of Playing Area**

**Girls:**  
-Netball  
-Fitness  
-Handball  
-Hockey  
-Badminton  
-Futsal  
-Orienteering  
-Gymnastics  
-Table Tennis

**Boys:**  
-Basketball  
-Fitness  
-Handball  
-Hockey  
-Badminton  
-Rugby  
-Orienteering  
-Football  
-Futsal

**Winter School Team Squad Selection:**

- Netball
- Football
- Hockey
- Rugby
- Handball
- Futsal
- Badminton
- Gymnastics
- Basketball

Pre-Sports Day and Whole School Sports Day

YEAR 8

Mastery of KS3 Curriculum

- Employable Skills:**
- Teamwork
  - Communication
  - Leadership
  - Problem Solving
  - Resilience
  - Sportsmanship
  - Sporting Etiquette

- Tactics**
- Attacking
  - Defending
  - Individual
  - Team

**Knowledge of Rules and Dimensions of Playing Area**

**Skills:**

- Catching
- Striking
- Fielding
- Running
- Jumping
- Kicking

SUMMER ACTIVITIES

**Summer School Team Squad Selection:**

- Cricket
- Athletics
- Rounders
- Tennis

**Boys:**  
-Cricket  
-Tennis  
-Athletics

**Girls:**  
-Tennis  
-Athletics  
-Rounders  
-Short Tennis

Pre-Sports Day and Whole School Sports Day

Joe Hart Soccer Tournament  
Y7/8 Boys Football Squads

- Baseline Testing:**
- Bleep Test
  - 30m Sprint Test
  - Handball

**Girls:**  
-Netball  
-Fitness  
-Handball  
-Hockey  
-Badminton  
-Futsal  
-Orienteering  
-Gymnastics

**Boys:**  
-Basketball  
-Fitness  
-Handball  
-Hockey  
-Badminton  
-Rugby  
-Orienteering  
-Futsal

**Winter School Team Squad Selection:**

- Netball
- Football
- Hockey
- Rugby
- Handball
- Futsal
- Badminton
- Gymnastics
- Basketball

Pre-Sports Day and Whole School Sports Day

**Trips:**

- All England Badminton
- Wimbledon
- Golf Pro-Am at Wentworth
- Netball Tour Condover Hall

YEAR 7

Primary School Sports Day

**Induction Day:**

- Team building
- There's no 'I' in team.

WINTER ACTIVITIES



KS3

