

Core PE

	Autumn – Girls	Autumn - Boys	Spring - Girls	Spring - Boys	Summer - Girls	Summer – Boys
Yr.7	Hockey Gymnastics Football OAA Running activities	Rugby Basketball Circuits OAA Running activities	Tag Rugby Netball Dance Badminton Circuits	Football Badminton Hockey Gymnastics	Athletics Rounders Cricket Ultimate Frisbee	Cricket Athletics Handball Rounders
	Interim 1 –		Interim 2 –		Data Drop –	
Yr.8	Hockey Gymnastics Football OAA Running activities	Rugby Basketball Circuits OAA Running activities	Tag Rugby Netball Dance Badminton Circuits	Football Badminton Hockey Gymnastics OAA	Athletics Rounders Cricket Ultimate Frisbee	Cricket Athletics Handball Rounders
			Interim 1 –		Summative Report	
Y.9	Hockey; Yoga Tag Rugby Football OAA; Running activities Circuits	Rugby Basketball Circuits OAA Running activities	Tag Rugby Netball Fitness suite Badminton Handball	Football Badminton Hockey Gymnastics OAA	Athletics Rounders Cricket Ultimate Frisbee	Cricket Athletics Frisbee Rounders Softball
			Interim 1 –		Interim 2 –	
Yr.10	Hockey, Netball Gymnastics Football OAA Running activities	Rugby Basketball Fitness Football	Fitness; Yoga Handball, Unihoc Basketball; Badminton Netball	Football Hockey Badminton Fitness	Athletics Rounders Cricket Pop Lacrosse	Cricket Athletics Frisbee Rounders Softball
Yr.11	Bootcamp; Fitness; Yoga Football; Volleyball; Unihoc Badminton; Basketball; Fitness; Rugby (GCSE)		Bootcamp; Fitness; Yoga Football (GCSE); Netball (GCSE) Badminton; Basketball; Fitness; Rugby; Unihoc		Revision option Athletics (GCSE) Football Rounders	

GCSE PE

GCSE PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Yr.9	Skeletal & Muscular systems	Cardio-respiratory system	Energy, short & long term effects of exercise Practical fitness testing Practical HR & plotting graphs		Fitness tests Injury Warm up & cool down <i>Review & reteach</i> <i>Skeletal & Muscular systems</i> <i>Cardio-respiratory system</i> <i>Practical athletics</i>	
	Controlled assessment 1 & 2 (Oct half term) Controlled assessment 3 (Dec) <i>Data Drop 2 Dec</i>		Controlled assessment 4 (Feb)		Controlled assessment 6	
Yr.10	Levers, planes & axes Health, fitness & well-being Principles of training PEDs Diet		Sports psychology Goal Setting Guidance & Feedback		Socio-cultural influences PEP practical / start writing up <i>Practical athletics moderation</i>	
	Controlled assessment 5 Controlled assessment 7 <i>Data Drop 14 Oct</i> <i>Data Drop 25 Nov</i>		Controlled assessment 8 Controlled assessment 9 <i>Skiing videos</i> <i>Interim – 3 March</i>		Paper 1 mock Paper 2 mock <i>Cricket videos</i> <i>Data Drop 7 July</i>	
Yr.11	Completion of PEP Review and reteach component 1&2 Bi-weekly controlled assessments <i>Climbing moderation</i>		Review and reteach component 1&2 Bi-weekly controlled assessments			
	Mock exam – Paper 1 & 2 <i>Interim 1 – 21 Oct</i> <i>Data drop – 16 Dec</i>		Practical assessment days <i>Internal Data drop – 17 March</i>		Visiting moderation	

A level – Yr.12

Teacher	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
DJS	Muscular-Skeletal system		Cardiovascular System Respiratory System		Ergogenic aids Exercise at altitude and in the heat	
CPT	Energy systems for exercise Recovery from exercise		Aerobic capacity Preparation for Training Methods Strength		Flexibility	
RNT	Skill acquisition Skill continuums; stages of learning; Practice methods; Guidance types Transfer; Feedback; Learning theories		Memory Sport Psychology Leadership Groups		Attribution Goal Setting Self-efficacy Stress	
ARE	Emergence & Evolution of modern sport Modern Global events		Ethics & Deviance in Sport - Drugs, violence & gambling Synoptic links and Synoptic extended answer questions		Media & Commercialisation	
	Interim 1 Data Drop 18 Nov		Interim 2 Interim – 27 Jan	Interim 3	Yr.12 Mock exam Data Drop 12 May	Work Experience

A level – Yr.13

Teacher	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
DJS	Exercise at altitude and in the heat Biomechanics – N1, N2, N3 Velocity, Momentum, Acceleration, Force Free Body Diagrams		Biomechanics Linear Motion Re-Teach Muscular-Skeletal & CV systems Angular Motion Re-Teach			
CPT	Principles of Training Periodisation Injuries – Prevention & Rehabilitation		Diet & Nutrition – effect on physical activity			
RNT	Attitudes; Personality Anxiety; Aggression Motivation & Arousal Audience effects		Biomechanics Technology Projectile – forces & paths Bernoulli Principle Spin			
ARE	Routes to Sporting Excellence Modern technology in Sport EAPI		EAPI Practical videos & Performer logs 31 st March deadline for practical assessments		Biomechanics Levers	
	Interim 4 Data Drop Live 21 Oct		Yr.13 Mock exam Interim – 24 Feb Data drop – 31 March		Biomechanics interim	

BTEC – **Diploma** - 9 units (6 are mandatory* - 3 of these being externally assessed). Mandatory content (75%). External assessment (45%)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Yr.12 2022-23 ARE	<p>Unit 25 (Rules, Regulations and Officiating in Sport)</p> <p><i>Unit 1* Anatomy and Physiology (externally assessed unit) ITE</i></p> <p><i>Unit 2* Fitness Training and Programming for Health, Sport and Well-being (externally assessed unit) ABT</i></p> <p>Data Drop 18 Nov</p>	<p>Unit 3* (Professional Development in the Sports Industry)</p> <p><i>Unit 1* Anatomy and Physiology (externally assessed unit) ITE</i></p> <p><i>Unit 2* Fitness Training and Programming for Health, Sport and Well-being (externally assessed unit) ABT</i></p> <p>Interim – 27 Jan</p>	<p>Unit 24 (Sports Performance Analysis)</p> <p><i>May/June exams for Units 1 & 2</i></p> <p>Data Drop 12 May</p>			
Yr.13 2023-24 ARE	<p>Unit 23* (Skill Acquisition in Sport)</p> <p><i>Unit 22* Investigating Business in Sport and the Active Leisure Industry (externally assessed unit) ABT</i></p> <p>Data Drop 21 Oct</p>	<p>Unit 5 (Application of Fitness Testing)</p> <p><i>January exam for Unit 22</i></p> <p>Resit opportunity for Units 1 & 2 (if necessary)</p> <p>Interim – 24 Feb Data drop – 31 March</p>	<p>Unit 4* (Sports Leadership)</p> <p>Resit opportunity for Unit 22 (if necessary)</p>			

BTEC – **Extended Diploma** - 14 units (10 are mandatory* - 4 of these being externally assessed). Mandatory content (78%). External assessment (42%)

<p>Yr.12 2022-23 JCT</p>	<p>Unit 25 (Rules, Regulations and Officiating in Sport)</p> <p>Unit 3* (Professional Development in the Sports Industry)</p> <p><i>Unit 1* Anatomy and Physiology (externally assessed unit) ITE</i></p> <p><i>Unit 22* Investigating Business in Sport and the Active Leisure Industry (externally assessed unit) ABT</i></p> <p>Data Drop 18 Nov</p>	<p>Unit 23* (Skill Acquisition in Sport)</p> <p>Unit 5 (Application of Fitness Testing)</p> <p><i>Unit 1* Anatomy and Physiology (externally assessed unit) ITE</i></p> <p><i>Unit 2* Fitness Training and Programming for Health, Sport and Well-being (externally assessed unit) ABT</i></p> <p>Jan exams for Unit 22</p> <p>Interim – 27 Jan</p>	<p>Unit 9* (Research Methods in Sport)</p> <p>Unit 4* (Sports Leadership)</p> <p><i>May/June exams for Units 1, 2 & 22</i></p> <p>Resit opportunity for Unit 22 if necessary</p> <p>Data Drop 12 May</p>
<p>Yr.13 2023-24 JCT</p>	<p>Unit 7* (Practical Sports Performance)</p> <p>Unit 8* (Coaching for Performance)</p> <p><i>Unit 19* Development and Provision of Sport and Physical Activity (externally assessed unit) JCT</i></p> <p>Data Drop 21 Oct</p>	<p>Unit 30 (Exercise, health & lifestyle)</p> <p>Unit 31 (Current issues)</p> <p>January exam for unit 19;</p> <p>Resit opportunity for Units 1, 2 & 22 if necessary</p> <p>Interim – 24 Feb Data drop – 31 March</p>	<p>Resit opportunity for Units 19 & 22 if necessary</p>

BTEC – **Diploma** - 9 units (6 are mandatory* - 3 of these being externally assessed). Mandatory content (75%). External assessment (45%)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Yr.12 2021-22 CRS	<p>Unit 6 (Sports Psychology)</p> <p><i>Unit 1* Anatomy and Physiology (externally assessed unit) ITE</i></p> <p><i>Unit 2* Fitness Training and Programming for Health, Sport and Well-being (externally assessed unit) ABT</i></p> <p>Data Drop 18 Nov</p>		<p>Unit 3* (Professional Development in the Sports Industry)</p> <p><i>Unit 1* Anatomy and Physiology (externally assessed unit) ITE</i></p> <p><i>Unit 2* Fitness Training and Programming for Health, Sport and Well-being (externally assessed unit) ABT</i></p> <p>Interim – 27 Jan</p>		<p>Unit 4* (Sports Leadership)</p> <p><i>May/June exams for Units 1 & 2</i></p> <p>Data Drop 12 May</p>	
Yr.13 2022-23 CRS	<p>Unit 23* (Skill Acquisition in Sport)</p> <p><i>Unit 22* Investigating Business in Sport and the Active Leisure Industry (externally assessed unit) ABT</i></p> <p>Data Drop 21 Oct</p>		<p>Unit 24 (Sports Performance Analysis)</p> <p><i>January exam for Unit 22</i></p> <p>Resit opportunity for Units 1 & 2 (if necessary)</p> <p>Interim – 24 Feb Data drop – 31 March</p>		<p>Unit 25 (Rules, Regulations and Officiating in Sport)</p> <p>Resit opportunity for Unit 22 (if necessary)</p>	

BTEC – **Extended Diploma** - 14 units (10 are mandatory* - 4 of these being externally assessed). Mandatory content (78%). External assessment (42%)

<p>Yr.12 2021-22 RNT</p>	<p>Unit 5 (Application of Fitness Testing)</p> <p>Unit 3* (Professional Development in the Sports Industry)</p> <p><i>Unit 1* Anatomy and Physiology (externally assessed unit) ITE</i></p> <p><i>Unit 22* Investigating Business in Sport and the Active Leisure Industry (externally assessed unit) ABT</i></p> <p>Data Drop 18 Nov</p>	<p>Unit 8* (Coaching for Performance)</p> <p><i>Unit 1* Anatomy and Physiology (externally assessed unit) ITE</i></p> <p><i>Unit 2* Fitness Training and Programming for Health, Sport and Well-being (externally assessed unit) ABT</i></p> <p>Jan exams for Unit 22</p> <p>Interim – 27 Jan</p>	<p>Unit 9* (Research Methods in Sport)</p> <p>Unit 18 (Work Experience in Active Leisure)</p> <p><i>May/June exams for Units 1, 2 & 22</i></p> <p>Resit opportunity for Unit 22 if necessary</p> <p>Data Drop 12 May</p>
<p>Yr.13 2022-23 RNT</p>	<p>Unit 7* (Practical Sports Performance)</p> <p>Unit 23* (Skill Acquisition)</p> <p><i>Unit 19* Development and Provision of Sport and Physical Activity (externally assessed unit) JCT</i></p> <p>Data Drop 21 Oct</p>	<p>Unit 25 (Rules, Regulations and Officiating in Sport)</p> <p>Unit 4* (Sports Leadership)</p> <p>January exam for unit 19;</p> <p>Resit opportunity for Units 1, 2 & 22 if necessary</p> <p>Interim – 24 Feb Data drop – 31 March</p>	<p>Unit 30 (Exercise, health & lifestyle)</p> <p>Unit 31 (Current issues)</p> <p>Resit opportunity for Units 19 & 22 if necessary</p>