

Term → Year ↓	Term1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Y10 Sports Studies	<p>RO53 Sports Leadership</p> <p><u>LO2 Planning a sports leadership lesson</u></p> <p>RO52 Developing Sports Skills</p> <p><u>LO1/LO2: Skills, techniques and tactics as a team performer</u></p>	<p>RO53 Sports Leadership</p> <p><u>LO2 Planning a sports leadership lesson</u></p> <p><u>LO3: Delivering a sports activity lesson</u></p> <p><u>LO4: Evaluating leadership performance</u></p> <p>RO52 Developing Sports Skills</p> <p><u>LO1/LO2: Skills, techniques and tactics as a team performer</u></p>	<p>RO53 Sports Leadership</p> <p><u>LO4 Evaluating leadership performance</u></p> <p><u>LO1: Qualities, styles and roles and responsibilities associated with effective sports leadership</u></p> <p>RO52 Developing Sports Skills</p> <p><u>LO1/LO2: Skills, techniques and tactics as a team performer</u></p>	<p>RO56 Developing knowledge and skills in outdoor activities</p> <p><u>LO1 Know about the different types of outdoor activities and their provision</u></p> <p><u>LO4: Demonstrate knowledge and skills during outdoor activities.</u></p>	<p>RO56 Developing knowledge and skills in outdoor activities</p> <p><u>LO1 Know about the different types of outdoor activities and their provision</u></p> <p><u>LO2: Understand the value of participating in outdoor activities</u></p> <p><u>LO4: Demonstrate knowledge and skills during outdoor activities.</u></p>	<p>RO56 Developing knowledge and skills in outdoor activities</p> <p><u>LO4: Demonstrate knowledge and skills during outdoor activities.</u></p> <p><u>LO3: Plan an outdoor activity session</u></p> <p>RO51: Contemporary studies and examination</p> <p><u>LO3: Understand the importance of hosting major sporting events (CWG case study)</u></p>
Y11 Sports Studies	<p>RO51: Contemporary studies and examination</p> <p><u>LO1: Understand the issues which effect participation in sport</u></p> <p><u>LO2: Know about the role of sport in prompting values</u></p> <p>RO53 Sports Leadership</p> <p><u>LO3: Delivering a sports activity lesson</u></p> <p><u>LO4: Evaluating leadership performance</u></p>	<p>RO51: Contemporary studies and examination</p> <p><u>LO3: Understand the importance of hosting major sporting events (CWG case study)</u></p> <p><u>LO4: Know the role of National Governing Bodies</u></p>	<p>RO52 Developing Sports Skills</p> <p><u>LO1/LO2: Skills, techniques and tactics as a team performer</u></p> <p><u>LO4: Applying practical methods to improve performance</u></p>	<p>RO52 Developing Sports Skills</p> <p><u>LO1/LO2: Skills, techniques and tactics as a team performer</u></p> <p><u>LO4: Applying practical methods to improve performance</u></p>	<p>Assignment improvement time.</p> <p>Pupil choice based on examiner marking (internal and external).</p> <p>*note each year the order of unit teaching alters, to allow year 11 and 10 to work together e.g. in RO53 and RO52 performance and leadership delivery learning outcomes.</p>	

Term → Year ↓	Term1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Y10 GCSE PE	<p><u>Topic 1: What makes you a skilled performer</u></p> <p><u>Topic 2: Goal Setting</u></p> <p><u>NEA: Practical Performance in either Handball, Table Tennis or Badminton</u></p>	<p><u>Topic 2: Goal setting</u></p> <p><u>Exam technique.</u></p> <p><u>PPE and PPE review.</u></p> <p><u>NEA: AEP introduced and Overview chapter completed.</u></p> <p><u>NEA: Practical Performance in either Handball, Table Tennis or Badminton</u></p>	<p><u>Topic 3: Types of guidance and feedback</u></p> <p><u>Topic 4: Sports Psychology techniques to enhance performance</u></p> <p><u>Topic 5: Components of fitness</u></p> <p><u>Topic 6: Fitness testing</u></p>	<p><u>NEA: Evaluation and analysis chapter completed.</u></p> <p><u>Topic 7: Structure of our anatomy</u></p> <p><u>Topic 8: Function of our anatomy</u></p> <p><u>NEA: Practical Performance submission of video evidence of performance</u></p>	<p><u>Topic 9: Short term effects of exercise on the body</u></p> <p><u>Topic 10: Types of training to enhance performance</u></p> <p><u>Topic 11: Principles of training</u></p> <p><u>NEA: Assessment chapter started</u></p> <p><u>NEA: Practical Performance in athletics, trampoline, dance or gymnastics</u></p>	<p><u>Topic 12: Commercialisation of sport and physical activity CWG case study.</u></p> <p><u>NEA: Assessment chapter finished</u></p> <p><u>NEA: Action plan introduced/ started</u></p>
Y11 GCSE PE	<p><u>NEA: Overview, Evaluation and analysis chapter completed.</u></p> <p><u>Topic 10: Types of training to enhance performance</u></p> <p><u>Topic 11: Principles of training</u></p> <p><u>Topic 5: Components of fitness</u></p> <p><u>Topic 6: Fitness testing</u></p> <p><u>NEA: Practical Performance in either Handball or Table Tennis</u></p>	<p><u>NEA: Movement analysis and Action Plan completed.</u></p> <p><u>NEA: Practical Performance in either Handball or Table Tennis</u></p>	<p><u>Topic 12: Commercialisation of sport and physical activity CWG case study.</u></p> <p><u>Topic 13: Ethical issues in sport</u></p> <p><u>Topic 14: Performance enhancing drugs in sport</u></p> <p><u>Topic 15: Long term effects of exercise</u></p> <p><u>NEA: Practical Performance in trampolining</u></p>	<p><u>Topic 16: Recap biomechanics</u></p> <p><u>Topic 17: recap health, fitness, well-being</u></p> <p><u>Topic 18: Recap trends in physical activity and sport</u></p> <p><u>Recap: Diet and its impact on sporting performance</u></p> <p><u>NEA: Practical Performance in trampolining</u></p>	<p><u>Revision</u></p> <p>*note – due to Covid certain topics were more suited to being taught remotely e.g. those without a practical element. Hence the order has altered for this year group.</p>	

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Y12 A Level PE	<p>Unit 1: <u>Muscular-skeletal and neuro-muscular systems</u></p> <p>Unit 2: <u>Stages of learning; classification of skills; practice types</u></p> <p>Unit 3: <u>Pre-industrial Britain</u></p>	<p>Unit 1: <u>Diet and nutrition; ergogenic aids and effect on performance</u></p> <p>Unit 2: <u>Feedback, types of guidance; types of skills</u></p> <p>Unit 3: <u>Post-industrial Britain</u></p>	<p>Unit 1: <u>Cardiovascular and respiratory systems</u></p> <p>Unit 2: <u>Theories of learning; memory models; attitudes;</u></p> <p>Unit 3: <u>20th Century Sport</u></p>	<p>Unit 1: <u>Biomechanics principles; levels; the use of technology</u></p> <p>Unit 2: <u>Personality; social facilitation</u></p> <p>Unit 3: <u>21st Century Sport</u></p>	<p>Unit 1: <u>Injury prevention</u></p> <p>Unit 2: <u>Types of motivation; arousal theories; aggression theories</u></p> <p>Unit 3: <u>Global Sporting Events</u></p>	<p>Unit 1: <u>Exam technique</u> <u>Revision</u> <u>PPE Reviews</u></p> <p>Unit 2: <u>Anxiety; stress management</u></p> <p>Unit 3: <u>Global Sporting Events</u> <u>Commercialisation and the media</u></p>
Y13 A Level PE	<p>Unit 1: <u>Energy for exercise; ATP, Energy transfer; energy systems; Resynthesis and recovery</u></p> <p>Unit 2: <u>Goal setting; groups and teams; attributions</u></p> <p>Unit 3: <u>Ethics and deviance in sport</u> <u>Commercialisation and the media</u></p>	<p>Unit 1: <u>Linear motion, angular motion, fluid mechanics and projectile motion</u></p> <p>Unit 2: <u>Sport confidence/ self-efficacy; leadership</u></p> <p>Unit 3: <u>Modern technology in sport; routes to sporting excellence in the UK</u></p>	<p>Unit 1: <u>Environmental effects: altitude and heat</u></p> <p>Unit 2: <u>Revision/ EAPI</u></p> <p>Unit 3: <u>Revision/ EAPI</u></p> <p>Unit 4: <u>EAPI</u></p>	<p>Unit 1: <u>Revision/ EAPI</u></p> <p>Unit 2: <u>Revision/ EAPI</u></p> <p>Unit 3: <u>Revision/ EAPI</u></p> <p>Unit 4: <u>EAPI</u></p>	<p>Unit 1: <u>Revision</u></p> <p>Unit 2: <u>Revision</u></p> <p>Unit 3: <u>Revision</u></p>	

