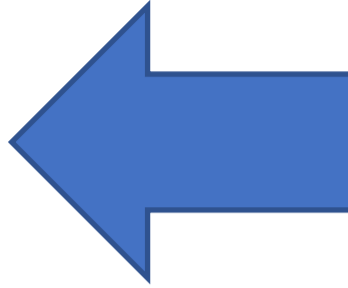


Next step –
A-Level PE
BTEC in PE
Sport Coaching
Degree in Sport science
Degree in Sport studies



**Final Exams:
Paper 1 & 2**



Summer Term

Theory Lessons – Physical, Emotional and Social benefits of a healthy active lifestyle

Theory Lessons – AEP moderation

Theory Lessons – Revision of Paper 1 & Paper 2 topics



Spring Term

Theory Lessons – Skill acquisition

Theory Lessons – Psychological factors affecting performance

Theory Lessons – Factors affecting participation NGBs

Mock Exam 2

Theory Lessons – Commercialisation in Sport

Autumn Term

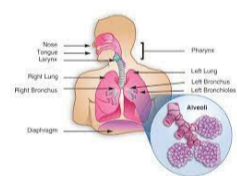
Mock Exam 1

Health & Fitness
Diet and the performer

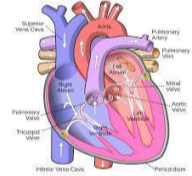
Theory Lessons – Ethical issues
Drugs in Sport

Coursework – Analysis & Evaluation of Performance (AEP)

YEAR 11



Practical lessons – mock moderation



REVISE

End of Paper 1 Assessment

Theory Lessons – Movement Analysis

Theory Lessons – The Respiratory System

Summer Term

Theory Lessons – The Cardiovascular System

Practical assessments in 3 selected activities

End of unit test

Practical lessons – Linking theory to practical

Theory Lessons – The Muscular System



Theory Lessons – Importance and reasons for Warm-up & Cool down

Theory Lessons – Prevention of injury in specific sporting situations.

Theory Lessons – The Skeletal System

Practical Performance and moderation

Spring Term

End of unit test

End of unit test



End of unit test

End of unit test

Practical lessons – Methods of Training

Theory Lessons – Principles of Training
Methods of Training

Practical lessons – Fitness testing

Theory Lessons – Components of fitness

Autumn Term

YEAR 10

Practical assessments in 3 selected activities begin

