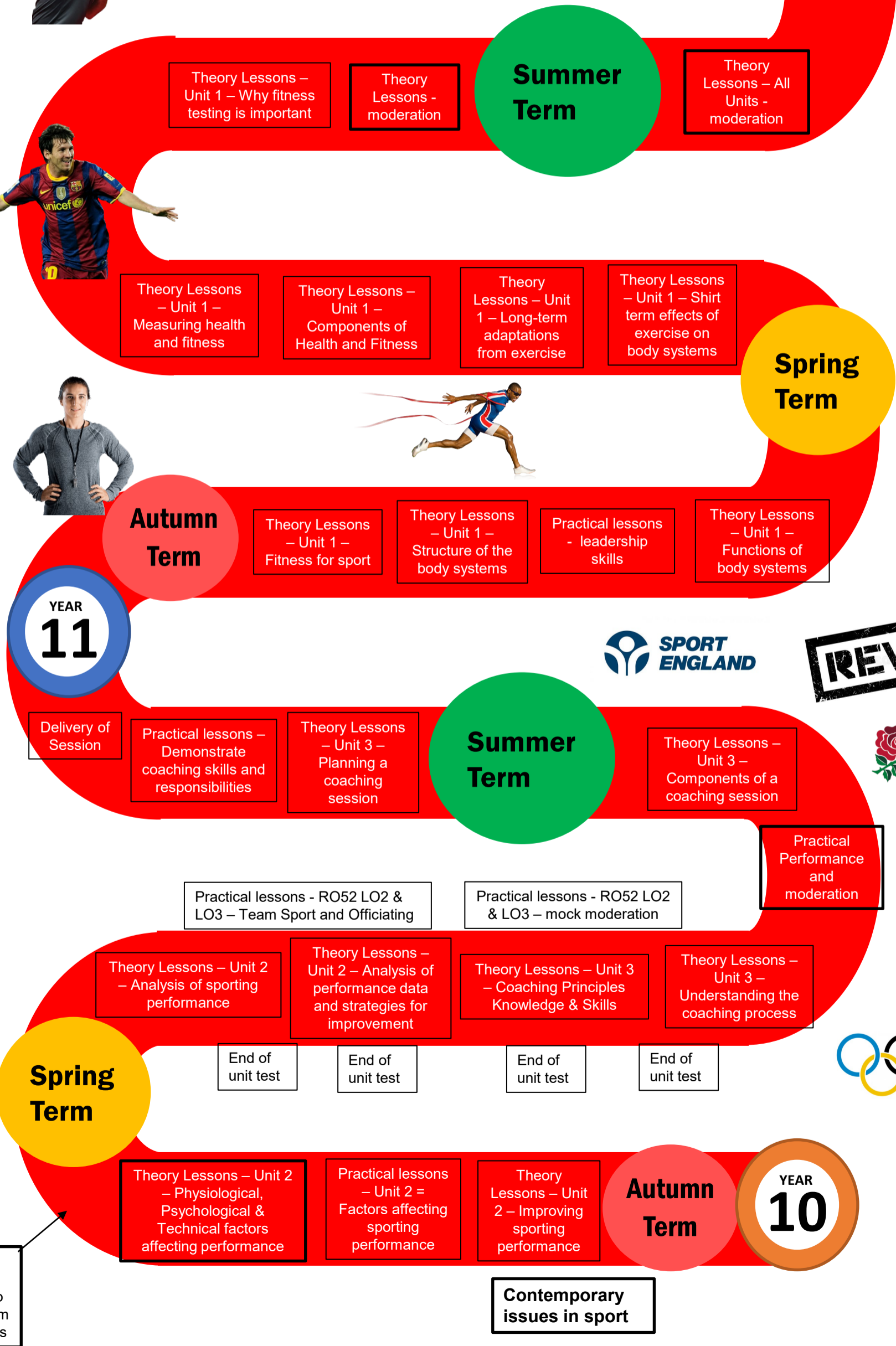
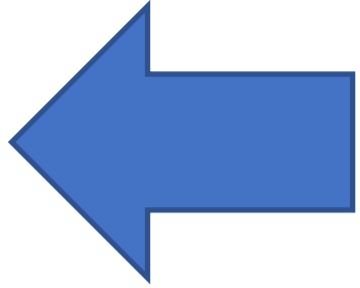


Next step –  
A-Level PE  
BTEC in PE  
Sport Coaching  
Degree in Sport science  
Degree in Sport studies



**YEAR 11**

**Autumn Term**

- Theory Lessons – Unit 1 – Fitness for sport
- Theory Lessons – Unit 1 – Structure of the body systems
- Practical lessons - leadership skills
- Theory Lessons – Unit 1 – Functions of body systems

**Summer Term**

- Delivery of Session
- Practical lessons – Demonstrate coaching skills and responsibilities
- Theory Lessons – Unit 3 – Planning a coaching session
- Theory Lessons – Unit 3 – Components of a coaching session

**Spring Term**

- Theory Lessons – Unit 2 – Analysis of sporting performance
- Theory Lessons – Unit 2 – Analysis of performance data and strategies for improvement
- Theory Lessons – Unit 3 – Coaching Principles Knowledge & Skills
- Theory Lessons – Unit 3 – Understanding the coaching process
- End of unit test
- End of unit test
- End of unit test
- End of unit test



**Autumn Term**

**YEAR 10**

- Theory Lessons – Unit 2 – Physiological, Psychological & Technical factors affecting performance
- Practical lessons – Unit 2 = Factors affecting sporting performance
- Theory Lessons – Unit 2 – Improving sporting performance

**Contemporary issues in sport**

Practical Lessons – Theory into practice from Unit 2 topics