

Year 7

Year Group	Rotation 1	Rotation 3	Rotation 4	Rotation 5	Rotation 6	Rotation 7	Rotation 8	Rotation 9	Rotation 10	Rotation* 12
7S/Pe1 7F/Pe1	Fundamentals in movement	Invasion Games (Football)	Invasion Games (Netball)	Net Sports (Badminton)	Exploring Movement (Gymnastics)	OAA (Rugby/Capture the Flag)	Invasion Games (Handball)	Improving Performance (Athletics)	Striking and fielding (Rounders)	Striking and fielding (Cricket)
7S/Pe2 7F/Pe2	Fundamentals in movement	OAA (Rugby/Capture the Flag)	Invasion Games (Football)	Exploring Movement (Gymnastics)	Net Sports (Badminton)	Invasion Games (Handball)	Invasion Games (Netball)	Improving Performance (Athletics)	Striking and fielding (Rounders)	Striking and fielding (Cricket)
7S/Pe2 7F/Pe2	Fundamentals in movement	Invasion Games (Handball)	Exploring Movement (Gymnastics)	Invasion Games (Football)	OAA (Rugby/Capture the Flag)	Invasion Games (Netball)	Net Sports (Badminton)	Improving Performance (Athletics)	Striking and fielding (Rounders)	Striking and fielding (Cricket)
Skill(s)	Basic Rules Scoring systems Tactics Skills Techniques Fundamental skills Activity specific skills Attacking Defending Warming up Observing performances Comparing Target setting Giving Feedback Coaching	Basic Rules Scoring systems Tactics Skills Techniques Fundamental skills Activity specific skills Attacking Defending Warming up Observing performances Comparing Target setting Giving Feedback Coaching	Basic Rules Scoring systems Tactics Skills Techniques Fundamental skills Activity specific skills Attacking Defending Warming up Observing performances Comparing Target setting Giving Feedback Coaching	Basic Rules Scoring systems Tactics Skills Techniques Fundamental skills Activity specific skills Attacking Defending Warming up Observing performances Comparing Target setting Giving Feedback Coaching	Basic Rules Scoring systems Tactics Skills Techniques Fundamental skills Activity specific skills Attacking Defending Warming up Observing performances Comparing Target setting Giving Feedback Coaching	Basic Rules Scoring systems Tactics Skills Techniques Fundamental skills Activity specific skills Attacking Defending Warming up Observing performances Comparing Target setting Giving Feedback Coaching	Basic Rules Scoring systems Tactics Skills Techniques Fundamental skills Activity specific skills Attacking Defending Warming up Observing performances Comparing Target setting Giving Feedback Coaching	Basic Rules Scoring systems Tactics Skills Techniques Fundamental skills Activity specific skills Attacking Defending Warming up Observing performances Comparing Target setting Giving Feedback Coaching	Basic Rules Scoring systems Tactics Skills Techniques Fundamental skills Activity specific skills Attacking Defending Warming up Observing performances Comparing Target setting Giving Feedback Coaching	Basic Rules Scoring systems Tactics Skills Techniques Fundamental skills Activity specific skills Attacking Defending Warming up Observing performances Comparing Target setting Giving Feedback Coaching
PD/T&E	Organisation Confidence	Communication Teamwork		Leadership Sportsmanship		Creativity Respect		Aiming High Resilience	Well-being Staying Positive	
Futures	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher

* Athletics and Striking & Fielding on weekly rotation

Year 8

Year Group	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5**	Unit 6 **	Every two weeks (U1-4)
8S/Pe1 8F/Pe1	Invasion Games (Basketball)	Exploring Movement (Gymnastics/Parkour)	Invasion Games (Hockey)	Invasion Games (Rugby)	Improving Performance (Athletics)	Striking & fielding and Net Sports (Cricket/Tennis)	Health-related Fitness
8S/Pe2 8F/Pe2	Invasion Games (Rugby)	Invasion Games (Basketball)	Exploring Movement (Gymnastics/Parkour)	Invasion Games (Hockey)	Improving Performance (Athletics)	Striking & fielding and Net Sports (Cricket/Tennis)	Health-related Fitness
8S/Pe3 8F/Pe3	Invasion Games (Hockey)	Invasion Games (Rugby)	Invasion Games (Basketball)	Exploring Movement (Gymnastics/Parkour)	Improving Performance (Athletics)	Striking & fielding and Net Sports (Cricket/Tennis)	Health-related Fitness
Skill(s)	Rules and Scoring Strategies and Tactics Skills and Techniques Methods of Training Fitness Testing Application of Skills Adapting Tactics Principles of Attack Defensive Strategies Leading a Warm-up Evaluating Performances Assessing Target setting Giving Feedback Coaching	Rules and Scoring Strategies and Tactics Skills and Techniques Methods of Training Fitness Testing Application of Skills Adapting Tactics Principles of Attack Defensive Strategies Leading a Warm-up Evaluating Performances Assessing Target setting Giving Feedback Coaching	Rules and Scoring Strategies and Tactics Skills and Techniques Methods of Training Fitness Testing Application of Skills Adapting Tactics Principles of Attack Defensive Strategies Leading a Warm-up Evaluating Performances Assessing Target setting Giving Feedback Coaching	Rules and Scoring Strategies and Tactics Skills and Techniques Methods of Training Fitness Testing Application of Skills Adapting Tactics Principles of Attack Defensive Strategies Leading a Warm-up Evaluating Performances Assessing Target setting Giving Feedback Coaching	Rules and Scoring Strategies and Tactics Skills and Techniques Methods of Training Fitness Testing Application of Skills Adapting Tactics Principles of Attack Defensive Strategies Leading a Warm-up Evaluating Performances Assessing Target setting Giving Feedback Coaching	Rules and Scoring Strategies and Tactics Skills and Techniques Methods of Training Fitness Testing Application of Skills Adapting Tactics Principles of Attack Defensive Strategies Leading a Warm-up Evaluating Performances Assessing Target setting Giving Feedback Coaching	Methods of Training Fitness Testing Training Zones
PD/T&E	Healthy living Team work Communication	Leadership Resilience Respect	Aiming High Confidence Sportsmanship	Team work Problem Solving Liberty Creativity	Leadership Resilience Respect Confidence	Resilience Aiming High Sportsmanship Communication	Healthy living Performance Communication
Futures	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher

** Athletics and Striking & Fielding on weekly rotation

Year 9

Year Group	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5*	Unit 6 *	Every 2 weeks
9S/Pe1 9F/Pe1	Invasion Games (Football)	Invasion Games (Handball)	Net Sports (Badminton)	Components of Fitness	Improving Performance (Athletics)	Striking & fielding / Net Sports (Cricket / Tennis)	Health-Related Fitness
9S/Pe2 9F/Pe2	Net Sports (Badminton)	Invasion Games (Football)	Invasion Games (Handball)	Components of Fitness	Improving Performance (Athletics)	Striking & fielding / Net Sports (Cricket / Tennis)	Health-Related Fitness
9S/Pe3 9F/Pe3	Invasion Games (Handball)	Net Sports (Badminton)	Invasion Games (Football)	Components of Fitness	Improving Performance (Athletics)	Striking & fielding / Net Sports (Cricket / Tennis)	Health-Related Fitness
Skill(s)	Application of the Rules Complex Strategies & Tactics Complex Skills Components of Fitness Exercise Intensities Officiating Adapting Tactics for success Performing Skills consistently with Precision and Accuracy Leading a Sport-Specific Warm-up Improving Fitness Levels	Application of the Rules Complex Strategies & Tactics Complex Skills Components of Fitness Exercise Intensities Officiating Adapting Tactics for success Performing Skills consistently with Precision and Accuracy Leading a Sport-Specific Warm-up Improving Fitness Levels	Application of the Rules Complex Strategies & Tactics Complex Skills Components of Fitness Exercise Intensities Officiating Adapting Tactics for success Performing Skills consistently with Precision and Accuracy Leading a Sport-Specific Warm-up Improving Fitness Levels	Application of the Rules Complex Strategies & Tactics Complex Skills Components of Fitness Exercise Intensities Officiating Adapting Tactics for success Performing Skills consistently with Precision and Accuracy Leading a Sport-Specific Warm-up Improving Fitness Levels	Application of the Rules Complex Strategies & Tactics Complex Skills Components of Fitness Exercise Intensities Officiating Adapting Tactics for success Performing Skills consistently with Precision and Accuracy Leading a Sport-Specific Warm-up Improving Fitness Levels	Application of the Rules Complex Strategies & Tactics Complex Skills Components of Fitness Exercise Intensities Officiating Adapting Tactics for success Performing Skills consistently with Precision and Accuracy Leading a Sport-Specific Warm-up Improving Fitness Levels	Methods of Training Fitness Testing Training Zones Training Principles
PD/T&E	Healthy living Sports development Team work Communication	Team work Leadership Resilience Respect Confidence Sportsmanship	Replicating performance Confidence Team work Control Competition	Leadership Resilience Respect Confidence	Team work Leadership Resilience Respect Confidence Sportsmanship	Team work Leadership Resilience Respect Confidence Sportsmanship	Healthy active lifestyles Confidence Self esteem Performing at maximum
Futures	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher	Personal Trainer Sports coach Physiotherapist Sports analyst PE Teacher

** Athletics and Striking & Fielding on weekly rotation

Year 10 GCSE PE

Year Group	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5*	Unit 6 *
10	Component 2 Topic 1: Health, fitness and well-being	Component 2 Topic 2: Sports Psychology	Component 1 Topic 3: Physical Training	Component 1 Topic 3: Physical Training	Component 2 Topic 3: Socio-cultural influences	Component 4: Personal Exercise Programme PEP Coursework
Skill(s)	Physical Health Emotional Health Social Health Impact of lifestyle choices Lifestyle choices Sedentary lifestyles and consequences Trends Balanced diet Macronutrients Micronutrients Optimum weight + energy balance Hydration	Classification of skills Forms of practice – theory and practical application SMART Targets SMART Targets and reviewing targets Types of guidance – theory and practical application Feedback to optimise performance Mental Rehearsal Data analysis and feedback	Health, exercise, fitness and performance Health related Components of fitness Skill related Components of fitness Fitness tests – theory Fitness tests- practical Principles of training Thresholds of training Methods of training	Long term effects of training on the muscular-skeletal system Long term effects of training on the cardio-respiratory system PAR-Qs and Injury prevention Performance enhancing drugs Warm-up and cool down	Social groups in physical activity Commercialisation and the media Advantages and disadvantages of commercialisation + media The different types of sporting behaviour Interpretation and analysis of data and trends in participation, commercialisation, ethical/socio-cultural issues.	Introduction to PEP Components of fitness Weaknesses and strengths Fitness test results/rankings Training methods Exercises Work:rest ratio FIIT Principle Progressive Overload
PD/T&E	Problem solving Expert thinking Metacognition Creativity. Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity. Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity. Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity. Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity. Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity. Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability
Futures	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher

Year 10 BTEC Technical in Sport

Year Group	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5*	Unit 6 *
10	Component 1 LOA: Explore types and provision of sport and physical activity for different types of participant	Component 1 LOB: Examine equipment and technology required for participants to use when taking part in sport	Component 1 LOC: Be able to prepare participants to take part in physical activity	Component 2 LOA: Understand how different components of fitness are used in different physical activities	Component 2 LOB: Be able to participate in sport and understand the roles and responsibilities of officials	Component 2 LOC: Demonstrate ways to improve participants sporting techniques
Skill(s)	A1. Types and providers of sport and physical activities A2. Types and needs of sport and physical activity participants A3. Barriers to participation in sport and physical activity for different types of participant A4. Methods to address barriers to participation in sport and physical activity for different types of participant	B1. Different types of sports clothing and equipment required for participation in sport and physical activity B2. Different types of technology and their benefits to improve sport and physical activity participation and performance B3. The limitations of using technology in sport and physical activity	C1. Planning a warm-up C2. Adapting a warm-up for different categories of participants and different types of physical activities C3. Delivering a warm-up to prepare participants for physical activity	A1. Components of physical fitness A2. Components of skill-related fitness	B1. Techniques, strategies and fitness required for different sports B2. Officials in sport B3 Rules and regulations in sports	C1. Planning drills and conditioned practices to develop participants' sporting skills C2. Drills to improve sporting performance
PD/T&E	Problem solving Expert thinking Metacognition Creativity. Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity. Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity. Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity. Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity. Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability
Futures	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher

Year 10 Core PE

Year Group 10	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5*	Unit 6 *
Creative	Yoga	Zumba	Badminton	Yogalates	Cardio Tennis	Rounders
Discovery	Ultimate Frisbee	Orienteering	Hockey	Handball	Quick Cricket	Rounders
Thrive	Football / Netball	Handball	Basketball	Badminton	Athletics	Cricket
BTEC / GCSE	Football / Netball	Handball	Basketball	Badminton	Athletics	Cricket
Skill(s)	Developing technique Tactics Strategies Evaluation	Developing technique Tactics Strategies Evaluation	Developing technique Tactics Strategies Evaluation	Developing technique Tactics Strategies Evaluation	Developing technique Tactics Strategies Evaluation	Developing technique Tactics Strategies Evaluation
PD/T&E	Wellbeing Self confidence Self esteem Communication	Wellbeing Self confidence Self esteem Communication	Wellbeing Self confidence Self esteem Communication	Wellbeing Self confidence Self esteem Communication	Wellbeing Self confidence Self esteem Communication	Wellbeing Self confidence Self esteem Communication
Futures	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher

Year 11 GCSE PE

Year Group	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5*	Unit 6 *
11	Component 1 Topic 1: Applied anatomy and physiology	Component 1 Topic 1: Applied anatomy and physiology	Component 1 Topic 1: Applied anatomy and physiology	Component 1 Topic 2: Movement Analysis	Component 1 and Component 2 revision	Course completion
Skill(s)	The function of the skeleton Classification of bones Structure of the skeletal system Classification and role of muscles Location and role of voluntary muscles	Location and role of voluntary muscles Antagonistic muscle pairs Muscle fibre types Function of the Cardiorespiratory system Structure of the Cardiorespiratory system Structure of arteries, capillaries and veins	Anaerobic and aerobic exercise The short- and long-term effects of exercise Movement and joints	Lever systems, examples of their use in activity and the mechanical advantage they provide in movement Planes and axes of movement	All year 10 and 11 content	
PD/T&E	Problem solving Expert thinking Metacognition Creativity. Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity. Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity. Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity. Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity. Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity. Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability
Futures	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher

Year 11 BTEC Technical in Sport

Year Group	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5*	Unit 6 *
11	Component 3 LOA: Explore the importance of fitness for sports performance	Component 3 LOB: Investigate fitness testing to determine fitness levels	Component 3 LOC: Investigate different fitness training methods	Component 3 LOC: Investigate different fitness training methods	Component 3 LOD: Investigate fitness programming to improve fitness and sports performance	Course completion
Skill(s)	A1. The importance of fitness for successful participation in sport A2. Fitness training principles A3. Exercise intensity and how it can be determined	B1. Importance of fitness testing and requirements for administration of each fitness test B2. Fitness test methods for components of physical fitness B3. Fitness test methods for components of skill-related fitness B4. Interpretation of fitness test results	C1. Requirements for each of the following fitness training methods C2. Fitness training methods for physical components of fitness C3. Fitness training methods for skill-related components of fitness	C4. Additional requirements for each of the fitness training methods C5. Provision for taking part in fitness training methods C6. The effects of long-term fitness training on the body systems	D1. Personal information to aid fitness training programme design D2. Fitness programme design D3. Motivational techniques for fitness programming	
PD/T&E	Problem solving Expert thinking Metacognition Creativity Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability	Problem solving Expert thinking Metacognition Creativity Decision making Critical thinking Analysing Evaluating Communication Relationship-building skills Adaptability
Futures	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher

Year 11 Core PE

Year Group 11	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5*	Unit 6 *
Creative	Yoga	Zumba	Badminton	Yogalates	Cardio Tennis	Rounders
Discovery	Ultimate Frisbee	Orienteering	Hockey	Handball	Quick Cricket	Rounders
Thrive	Football / Netball	Handball	Basketball	Badminton	Athletics	Cricket
BTEC / GCSE	Football / Netball	Handball	Basketball	Badminton	Athletics	Cricket
Skill(s)	Developing technique Tactics Strategies Evaluation	Developing technique Tactics Strategies Evaluation	Developing technique Tactics Strategies Evaluation	Developing technique Tactics Strategies Evaluation	Developing technique Tactics Strategies Evaluation	Developing technique Tactics Strategies Evaluation
PD/T&E	Wellbeing Self confidence Self esteem Communication	Wellbeing Self confidence Self esteem Communication	Wellbeing Self confidence Self esteem Communication	Wellbeing Self confidence Self esteem Communication	Wellbeing Self confidence Self esteem Communication	Wellbeing Self confidence Self esteem Communication
Futures	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher	Personal Trainer Strength & Conditioning coach Physiotherapist Sports Psychologist Sports Scientist Sports analyst PE Teacher

Year 12 BTEC Sport

Year Group	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5*	Unit 6 *
12	Unit 1: Anatomy and Physiology Unit 6: Sports Psychology	Unit 1: Anatomy and Physiology Unit 6: Sports Psychology	Unit 1: Anatomy and Physiology Unit 6: Sports Psychology	Unit 1: Anatomy and Physiology Unit 6: Sports Psychology	Unit 1: Anatomy and Physiology Unit 6: Sports Psychology	Unit 1: Anatomy and Physiology Unit 6: Sports Psychology
Skill(s)	<p><u>Unit 1:</u></p> <p>A. The effects of exercise and sports performance on the skeletal system</p> <p>B. The effects of exercise and sports performance on the muscular system</p> <p>C. The effects of exercise and sports performance on the respiratory system</p> <p><u>Unit 6:</u></p> <p>A1. Personality factors and assessment of personality</p> <p>A2. Motivational factors</p> <p>A3. Arousal – performance relationship theories under competitive pressure</p>	<p><u>Unit 1:</u></p> <p>D. The effects of sport and exercise performance on the cardiovascular system</p> <p>E. The effects of exercise and sports performance on the energy systems</p> <p><u>Unit 6:</u></p> <p>A4. Stress, anxiety and sports performance under competitive pressure</p> <p>A5. Self-confidence and sports performance under competitive pressure</p>	<p><u>Unit 1:</u></p> <p>Exam Prep</p> <p><u>Unit 6:</u></p> <p>B1. Group processes</p> <p>B2. Cohesion in effective group performance</p> <p>B3. Leadership in creating effective groups</p>	<p><u>Unit 1:</u></p> <p>Exam retake preparation</p> <p><u>Unit 6:</u></p> <p>B4. Impact of processes, cohesion and leadership on a team and performance</p> <p>B5. Measurement of the impact of processes, cohesion and leadership on a team and performance using sociograms</p>	<p><u>Unit 1:</u></p> <p>Exam retake preparation</p> <p><u>Unit 6:</u></p> <p>C1. Psychological skills</p> <p>C2. Designing a psychological skills training programme</p>	<p><u>Unit 1:</u></p> <p>Exam retake</p> <p><u>Unit 6:</u></p> <p>C1. Psychological skills</p> <p>C2. Designing a psychological skills training programme</p>
PD/T&E	<p>Critical thinking</p> <p>Problems solving</p> <p>Technology</p> <p>Communication</p> <p>Working collaboratively</p> <p>Adaptability</p> <p>Resilience</p> <p>Self-monitoring and development</p>	<p>Critical thinking</p> <p>Problems solving</p> <p>Technology</p> <p>Communication</p> <p>Working collaboratively</p> <p>Adaptability</p> <p>Resilience</p> <p>Self-monitoring and development</p>	<p>Critical thinking</p> <p>Problems solving</p> <p>Technology</p> <p>Communication</p> <p>Working collaboratively</p> <p>Adaptability</p> <p>Resilience</p> <p>Self-monitoring and development</p>	<p>Critical thinking</p> <p>Problems solving</p> <p>Technology</p> <p>Communication</p> <p>Working collaboratively</p> <p>Adaptability</p> <p>Resilience</p> <p>Self-monitoring and development</p>	<p>Critical thinking</p> <p>Problems solving</p> <p>Technology</p> <p>Communication</p> <p>Working collaboratively</p> <p>Adaptability</p> <p>Resilience</p> <p>Self-monitoring and development</p>	<p>Critical thinking</p> <p>Problems solving</p> <p>Technology</p> <p>Communication</p> <p>Working collaboratively</p> <p>Adaptability</p> <p>Resilience</p> <p>Self-monitoring and development</p>
Futures	<p>Personal Trainer</p> <p>Strength & Conditioning coach</p> <p>Physiotherapist</p> <p>Sports Psychologist</p> <p>Sports Scientist</p> <p>Sports analyst</p> <p>PE Teacher</p>	<p>Personal Trainer</p> <p>Strength & Conditioning coach</p> <p>Physiotherapist</p> <p>Sports Psychologist</p> <p>Sports Scientist</p> <p>Sports analyst</p> <p>PE Teacher</p>	<p>Personal Trainer</p> <p>Strength & Conditioning coach</p> <p>Physiotherapist</p> <p>Sports Psychologist</p> <p>Sports Scientist</p> <p>Sports analyst</p> <p>PE Teacher</p>	<p>Personal Trainer</p> <p>Strength & Conditioning coach</p> <p>Physiotherapist</p> <p>Sports Psychologist</p> <p>Sports Scientist</p> <p>Sports analyst</p> <p>PE Teacher</p>	<p>Personal Trainer</p> <p>Strength & Conditioning coach</p> <p>Physiotherapist</p> <p>Sports Psychologist</p> <p>Sports Scientist</p> <p>Sports analyst</p> <p>PE Teacher</p>	<p>Personal Trainer</p> <p>Strength & Conditioning coach</p> <p>Physiotherapist</p> <p>Sports Psychologist</p> <p>Sports Scientist</p> <p>Sports analyst</p> <p>PE Teacher</p>

Year 12 BTEC Uniformed Protective Services

Year Group	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5*	Unit 6 *
12	Unit 2: Behaviour and Discipline	Unit 2: Behaviour and Discipline	Unit 2: Behaviour and Discipline	Unit 5: Teamwork, Leadership and Communication in the Uniformed Protective Services	Unit 5: Teamwork, Leadership and Communication in the Uniformed Protective Services	Unit 5: Teamwork, Leadership and Communication in the Uniformed Protective Services
Skill(s)	A. Factors affecting behaviour B. Obedient and compliant behaviour C. Conformity and self-discipline	D. Factors affecting discipline and its relationship to authority E. Potential stress and related psychological conditions F Managing the behaviours of others and self in high-tension situations	Exam Prep	A. Explore teamwork and leadership styles used in the uniformed protective services	B. Explore theories and techniques used for the development of effective uniformed protective services teams	C. Demonstrate the use of communication methods and systems relevant to the uniformed protective services D. Apply team working and leadership skills within uniformed protective services contexts.
PD/T&E	Critical thinking Problems solving Technology Communication Working collaboratively Adaptability Resilience Self-monitoring and development	Critical thinking Problems solving Technology Communication Working collaboratively Adaptability Resilience Self-monitoring and development	Critical thinking Problems solving Technology Communication Working collaboratively Adaptability Resilience Self-monitoring and development	Critical thinking Problems solving Technology Communication Working collaboratively Adaptability Resilience Self-monitoring and development	Critical thinking Problems solving Technology Communication Working collaboratively Adaptability Resilience Self-monitoring and development	Critical thinking Problems solving Technology Communication Working collaboratively Adaptability Resilience Self-monitoring and development
Futures	Armed Forces Police Force Ambulance Service Prison Service Customs and Excise	Armed Forces Police Force Ambulance Service Prison Service Customs and Excise	Armed Forces Police Force Ambulance Service Prison Service Customs and Excise	Armed Forces Police Force Ambulance Service Prison Service Customs and Excise	Armed Forces Police Force Ambulance Service Prison Service Customs and Excise	Armed Forces Police Force Ambulance Service Prison Service Customs and Excise

Year 13 BTEC Sport

Year Group	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5*	Unit 6 *
13	Unit 2 : Fitness Training and Programming Unit 3: Professional Development	Unit 2 : Fitness Training and Programming Unit 3: Professional Development	Unit 2 : Fitness Training and Programming Unit 3: Professional Development	Unit 2 : Fitness Training and Programming Unit 3: Professional Development	Unit 2 : Fitness Training and Programming Unit 3: Professional Development	Unit 2 : Fitness Training and Programming
Skill(s)	<p><u>Unit 2:</u></p> <p>A. Examine lifestyle factors and their effect on health and well-being</p> <p>B. Understand the screening processes for training programming</p> <p>C. Understand programme-related nutritional needs</p> <p><u>Unit 3:</u></p> <p>A1. Scope and provision of the sports industry</p> <p>A2. Careers and jobs in the sports industry</p>	<p><u>Unit 2:</u></p> <p>D. Examine training methods for different components of fitness</p> <p>E. Understand training programme design</p> <p><u>Unit 3:</u></p> <p>A3. Professional training routes, legislation, skills in the sports industry</p> <p>A4. Sources of continuing professional development (CPD)</p>	<p><u>Unit 2:</u></p> <p>Exam Prep</p> <p><u>Unit 3:</u></p> <p>B1. Personal skills audit for potential careers</p> <p>B2. Planning personal development towards a career in the sports industry</p> <p>B3. Maintaining a personal portfolio/record of achievement and experience</p>	<p><u>Unit 2:</u></p> <p>Exam retake preparation</p> <p><u>Unit 3:</u></p> <p>C1. Job applications</p> <p>C2. Interviews and selected career pathway-specific skills</p>	<p><u>Unit 2:</u></p> <p>Exam retake preparation</p> <p><u>Unit 3:</u></p> <p>D1 Review and evaluation</p> <p>D2 Updated SWOT and action plan</p>	<p><u>Unit 2:</u></p> <p>Exam retake</p>
PD/T&E	<p>Critical thinking</p> <p>Problems solving</p> <p>Technology</p> <p>Communication</p> <p>Working collaboratively</p> <p>Adaptability</p> <p>Resilience</p> <p>Self-monitoring</p>	<p>Critical thinking</p> <p>Problems solving</p> <p>Technology</p> <p>Communication</p> <p>Working collaboratively</p> <p>Adaptability</p> <p>Resilience</p> <p>Self-monitoring and development</p>	<p>Critical thinking</p> <p>Problems solving</p> <p>Technology</p> <p>Communication</p> <p>Working collaboratively</p> <p>Adaptability</p> <p>Resilience</p> <p>Self-monitoring and development</p>	<p>Critical thinking</p> <p>Problems solving</p> <p>Technology</p> <p>Communication</p> <p>Working collaboratively</p> <p>Adaptability</p> <p>Resilience</p> <p>Self-monitoring and development</p>	<p>Critical thinking</p> <p>Problems solving</p> <p>Technology</p> <p>Communication</p> <p>Working collaboratively</p> <p>Adaptability</p> <p>Resilience</p> <p>Self-monitoring and development</p>	<p>Critical thinking</p> <p>Problems solving</p> <p>Technology</p> <p>Communication</p> <p>Working collaboratively</p> <p>Adaptability</p> <p>Resilience</p> <p>Self-monitoring and development</p>
Futures	<p>Personal Trainer</p> <p>Strength & Conditioning coach</p> <p>Physiotherapist</p> <p>Sports Psychologist</p> <p>Sports Scientist</p> <p>Sports analyst</p> <p>PE Teacher</p>	<p>Personal Trainer</p> <p>Strength & Conditioning coach</p> <p>Physiotherapist</p> <p>Sports Psychologist</p> <p>Sports Scientist</p> <p>Sports analyst</p> <p>PE Teacher</p>	<p>Personal Trainer</p> <p>Strength & Conditioning coach</p> <p>Physiotherapist</p> <p>Sports Psychologist</p> <p>Sports Scientist</p> <p>Sports analyst</p> <p>PE Teacher</p>	<p>Personal Trainer</p> <p>Strength & Conditioning coach</p> <p>Physiotherapist</p> <p>Sports Psychologist</p> <p>Sports Scientist</p> <p>Sports analyst</p> <p>PE Teacher</p>	<p>Personal Trainer</p> <p>Strength & Conditioning coach</p> <p>Physiotherapist</p> <p>Sports Psychologist</p> <p>Sports Scientist</p> <p>Sports analyst</p> <p>PE Teacher</p>	<p>Personal Trainer</p> <p>Strength & Conditioning coach</p> <p>Physiotherapist</p> <p>Sports Psychologist</p> <p>Sports Scientist</p> <p>Sports analyst</p> <p>PE Teacher</p>

Year 13 BTEC Uniformed Protective Services

Year Group	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5*	Unit 6 *
13	Unit 15: Police Powers and the Law	Unit 15: Police Powers and the Law	Unit 15: Police Powers and the Law	Unit 13: Introduction to Criminology	Unit 13: Introduction to Criminology	Course completion
Skill(s)	<p>A1. Powers of the police to search people and their premises</p> <p>A2. Powers of arrest</p> <p>A3. Legal requirements for detention, interviews, carrying out further searches and collecting samples</p> <p>A4. Complaints against the police</p>	<p>B1. The legal profession</p> <p>B2. Prosecutors</p> <p>B3. The judiciary</p> <p>B4. Lay people</p>	<p>C1. The hierarchy of the court system</p> <p>C2. The pre-trial process</p> <p>C3. Criminal trial</p> <p>C4. Sentencing</p>	<p>A1. Methods used to measure crime and criminal behaviour</p> <p>A2. Theoretical explanations of why people commit crime and patterns of criminal behaviour</p> <p>A3. Effects of crime</p>	<p>B1. Crime prevention and control strategies</p> <p>B2. Punishment</p> <p>C1. Victimisation</p> <p>C2. Victim and witness support provided by the uniformed protective services, other public services and third sector organisations</p>	
PD/T&E	<p>Critical thinking</p> <p>Problems solving</p> <p>Technology</p> <p>Communication</p> <p>Working collaboratively</p> <p>Adaptability</p> <p>Resilience</p> <p>Self-monitoring and development</p>	<p>Critical thinking</p> <p>Problems solving</p> <p>Technology</p> <p>Communication</p> <p>Working collaboratively</p> <p>Adaptability</p> <p>Resilience</p> <p>Self-monitoring and development</p>	<p>Critical thinking</p> <p>Problems solving</p> <p>Technology</p> <p>Communication</p> <p>Working collaboratively</p> <p>Adaptability</p> <p>Resilience</p> <p>Self-monitoring and development</p>	<p>Critical thinking</p> <p>Problems solving</p> <p>Technology</p> <p>Communication</p> <p>Working collaboratively</p> <p>Adaptability</p> <p>Resilience</p> <p>Self-monitoring and development</p>	<p>Critical thinking</p> <p>Problems solving</p> <p>Technology</p> <p>Communication</p> <p>Working collaboratively</p> <p>Adaptability</p> <p>Resilience</p> <p>Self-monitoring and development</p>	<p>Critical thinking</p> <p>Problems solving</p> <p>Technology</p> <p>Communication</p> <p>Working collaboratively</p> <p>Adaptability</p> <p>Resilience</p> <p>Self-monitoring and development</p>
Futures	<p>Personal Trainer</p> <p>Strength & Conditioning coach</p> <p>Physiotherapist</p> <p>Sports Psychologist</p> <p>Sports Scientist</p> <p>Sports analyst</p> <p>PE Teacher</p>	<p>Personal Trainer</p> <p>Strength & Conditioning coach</p> <p>Physiotherapist</p> <p>Sports Psychologist</p> <p>Sports Scientist</p> <p>Sports analyst</p> <p>PE Teacher</p>	<p>Personal Trainer</p> <p>Strength & Conditioning coach</p> <p>Physiotherapist</p> <p>Sports Psychologist</p> <p>Sports Scientist</p> <p>Sports analyst</p> <p>PE Teacher</p>	<p>Personal Trainer</p> <p>Strength & Conditioning coach</p> <p>Physiotherapist</p> <p>Sports Psychologist</p> <p>Sports Scientist</p> <p>Sports analyst</p> <p>PE Teacher</p>	<p>Personal Trainer</p> <p>Strength & Conditioning coach</p> <p>Physiotherapist</p> <p>Sports Psychologist</p> <p>Sports Scientist</p> <p>Sports analyst</p> <p>PE Teacher</p>	<p>Personal Trainer</p> <p>Strength & Conditioning coach</p> <p>Physiotherapist</p> <p>Sports Psychologist</p> <p>Sports Scientist</p> <p>Sports analyst</p> <p>PE Teacher</p>