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| C:\Users\01jp01\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\18D852B2.tmp  | **Autumn Term**  | **Spring Term**  | **Summer Term**  |
| **HT1**  | **HT2**  | **HT3**  | **HT4**  | **HT5**  | **HT6**  |
|  **Year 7**    | **Sport**  ***Football****Basic skill development and small sided game play*  | **Sport** ***Netball****Basic skill development, small sided game play, introduction to positional play* | **Sport** ***Trampolining****Basic skill development and routine progression*  | **Sport** ***Badminton****Basic skill development and adapted match play* | **Sport** ***Tennis****Basic skill development and adapted match play* | **Sport** ***Athletics***Progressive drills, adapted events, full context events  |
|  **Year 8**   | **Sport** ***Football****Intermediate skill development and small sided game play progressing to full context*   | **Sport** ***Netball****Intermediate skill development and small sided game play progressing to full context positional game play*  | **Sport** ***Trampolining****Intermediate skill development and routine progression*   | **Sport** ***Badminton****Intermediate skill development and adapted match play, progressing to full match context*  | **Sport** ***Tennis****Intermediate skill development and adapted match play, progressing to full context* | **Sport** ***Athletics*** Progressive drills, adapted events, full context events  |
|   **Year 9**    | **Sport** ***Football****Advanced skill development and full context game play*   | **Sport** ***Netball****Advanced skill development and full context game play*   | **Sport** ***Trampolining****Advanced skill development and routine progression*  | **Sport** ***Badminton****Advanced skill development and full context match play*   | **Sport** ***Tennis****Advanced skill development and full context match play*   | **Sport** ***Athletics*** Progressive drills, adapted events, full context events  |
| **Year 10**  | **NCFE Health and Fitness** Skeletal and muscular system  **Sport** ***Football****Advanced skill development and full context game play.**Coaching and leadership.*   | **NCFE Health and Fitness** Respiratory, cardiovascular and energy systems  **Sport** ***Netball****Advanced skill development and full context game play* *Coaching and leadership.*   | **NCFE Health and Fitness** Effects of health and fitness activities on the body. Principles of training.  **Sport*****Trampolining****Advanced skill development and routine progression* *Coaching and leadership.*   | **NCFE Health and Fitness** Testing and developing components of fitness. **Sport** ***Badminton****Advanced skill development and full context match play.**Coaching and leadership.*  | **NCFE Health and Fitness** Impact of lifestyle on health and fitness. Applying health and fitness analysis and setting goals.  **Sport** ***Tennis****Advanced skill development and full context match play.**Coaching and leadership.*  | **NCFE Health and Fitness** Structure of a health and fitness programme and how to prepare safely **Sport*****Athletics*** Progressive drills, adapted events, full context events.*Coaching and leadership.*  |
|  **Year 11**    | **BTEC Sport** Revision of exam topics for re-sits. Exam resit. Unit 1: Technology.  **GCSE PE** *NEA- week 1-3*  Topic delivery based on gap analysis from year 10 AW3 **Sport** ***Football****Advanced skill development and full context game play.**Coaching and leadership.*     | **BTEC Sport** Revision of exam topics for re-sits. Unit 3 Sports Leadership:  Unit 1:  Technology **GCSE PE** *NEA- 1 lesson per week*  Topic delivery based on gap analysis from year 10 AW3/year 11 AW1   **Sport*****Netball****Advanced skill development and full context game play* *Coaching and leadership.*   | **BTEC Sport** Revision of exam topics for re-sits. Unit 3 Sports Leadership:  Unit 1: Technology Body systems Injuries **GCSE PE** *NEA- 1 lesson per week*  Topic delivery based on gap analysis from year 11 AW1/AW2 **Sport** ***Trampolining****Advanced skill development and routine progression* *Coaching and leadership.*   | **BTEC Sport** Revision of exam topics for re-sits. Unit 3 Sports Leadership:  Unit 1: Technology Body systems Injuries **GCSE PE** *NEA- 1 lesson per week* Exam revision prep **Sport*****Badminton****Advanced skill development and full context match play.**Coaching and leadership.*   | **GCSE PE** Revision Final exam  **Sport** ***Tennis****Advanced skill development and full context match play.**Coaching and leadership.*   | **Sport*****Athletics*** Progressive drills, adapted events, full context events.*Coaching and leadership.*    |
| **Year 12**  | **BTEC Sport** **UNIT 1** **LEARNING AIM A The effects of exercise and sports performance on the skeletal system** A1 Structure of skeletal system A2 Function of skeletal system A3 Joints A4 Responses of the skeletal system to a single sport or exercise session A5 Adaptations of the skeletal system to exercise A6 Additional factors affecting the skeletal system   **BTEC Sport** **UNIT 2** **LEARNING AIM A****Exercise/physical activity** A1 Positive lifestyle factors and their effects on health and well-being  A2 Negative lifestyle factors and their effects on health and well-being  A3Lifestyle modification techniques   **BTEC Sport Unit 3****LEARNING AIM A****Understand the career and job opportunities in the sports industry** A1 Scope and provision of the sports industry  A2 Careers and jobs in the sports industry  A3 Professional training routes, legislation, skills in the sports industry  A4 Sources of continuing professional development (CPD)   | **BTEC Sport** **UNIT 1** **LEARNING AIM B** **The effects of exercise and sports performance on the muscular system**  B1 Characteristics and functions of different types of muscles B2 Major skeletal muscles of the muscular system B3 Antagonistic muscle pairs B4 Types of skeletal muscle contraction B5 Fibre types B6 Responses of the muscular system to a single sport or exercise session B7 Adaptations of the muscular system to exercise B8 Additional factors affecting the muscular system  **BTEC Sport** **UNIT 2** **LEARNING AIM B****Understand the screening processes for training programming**B1Screening processes  B2 Health monitoring tests  B3 Interpreting the results of health monitoring tests  **BTEC Sport Unit 3** **LEARNING AIM A****A Understand the career and job opportunities in the sports industry**  A1 Scope and provision of the sports industry  A2 Careers and jobs in the sports industry  A3 Professional training routes, legislation, skills in the sports industry  A4 Sources of continuing professional development (CPD)     | **BTEC Sport** **UNIT 1** **LEARNING AIM C** **The effects of exercise and sports performance on the respiratory system**  C1 Structure of the respiratory system C2 Function Understand the function of the respiratory system in response to exercise and sports performance. C3 Lung volumes Understand the lung volumes and the changes that occur in response to exercise and sports performance. C4 Control of breathing- understand how breathing rate is controlled in response to exercise and sports performance. C5 Responses of the respiratory system to a single sport or exercise session C6 Adaptations of the respiratory system to exercise. The impact of adaptation of the system on exercise and sports performance. C7 Additional factors affecting the respiratory system Understand additional factors affecting the respiratory system and their impact on exercise and sports performance  **BTEC Sport** **UNIT 2**  **LEARNING AIM C****Understand programme** **related nutritional needs**  C1 Common terminology  C2 Components of a balanced diet  C3 Nutritional strategies for individuals taking part in training programmes  **BTEC Sport Unit 3** **LEARNING AIM B****Explore own skills using a skills audit to inform a career development action plan**  B1 Personal skills audit for potential careers B2 Planning personal development towards a career in the sports industry B3 Maintaining a personal portfolio/record of achievement and experience  | **BTEC Sport** **UNIT 1** **LEARNING AIM D** **The effects of exercise and sports performance on the cardiovascular system**  D1 Structure of the cardiovascular system D2 Function of the cardiovascular system D3 Nervous control of the cardiac cycle D4 Responses of the cardiovascular system to a single sport or exercise session D5 Adaptations of the cardiovascular system to exercise D6 Additional factors affecting the cardiovascular system  **BTEC Sport** **UNIT 2** **LEARNING AIM D****Examine training methods for different components of fitness**D1 Components of fitness to be trained.  Skill-related fitness  D2 Training methods for physical fitness-related components. Aerobic endurance training methods  Aerobic endurance training methods  Muscular strength training methods  Muscular endurance training methods  Core stability training methods  Flexibility training methods  Speed training methods  D3 Training methods for skill-related fitness components. Agility training methods. Balance training methods. Coordination training methods. Reaction time training methods. Power training methods  **BTEC Sport Unit 3** **Explore own skills using a skills audit to inform a career development action plan**  B1 Personal skills audit for potential careers B2 Planning personal development towards a career in the sports industry B3 Maintaining a personal portfolio/record of achievement and experience    | **BTEC Sport** **UNIT 1** **LEARNING AIM E** **The effects of exercise and sports performance on the energy systems** E1 The role of ATP in exercise E2 The ATP-PC (alactic) system in exercise and sports performance E3 The lactate system in exercise and sports performance E4 The aerobic system in exercise and sports performance E5 Adaptations of the energy system to exercise E6 Additional factors affecting the energy systems  **BTEC Sport** **UNIT 2**  **LEARNING AIM E****Understand training programme design**E1 Understand training programme design E1 Principles of fitness training programming  EXAM REVISION AND PRACTICE PAPERS  **BTEC Sport Unit 3****LEARNING AIM C** **Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway** C1 Job applications C2 Interviews and selected career pathway-specific skills   | **BTEC Sport** **UNIT 4** **LEARNING AIM A****Understand the roles, qualities and characteristics of an effective sports leader**A1 Skills qualities and characteristics of a leader A2 Role of a leader A3 Analysis of leaders A4 Evaluating case studies  **BTEC Sport Unit 3****LEARNING AIM D** **Reflect on the recruitment and selection process and your individual performance**D1 Review and evaluation  D2 Updated SWOT and action plan    |
| **Year 13**  | **BTEC Sport** **UNIT 4** **LEARNING AIM B****Examine the importance of psychological factors and their link with effective leadership**B1 Psychological factors that could impact on leadership B2 Leadership and psychological factors  **BTEC Sport Unit 3****LEARNING AIM C** **Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway** C1 Job applications C2 Interviews and selected career pathway-specific skills     | **BTEC Sport** **UNIT 4** **LEARNING AIM B****Examine the importance of psychological factors and their link with effective leadership**B1 Psychological factors that could impact on leadership B2 Leadership and psychological factors**BTEC Sport Unit 3****LEARNING AIM D** **Reflect on the recruitment and selection process and your individual performance**D1 Review and evaluation  D2 Updated SWOT and action plan   | **BTEC Sport** **UNIT 4** **LEARNING AIM C** C1 Expectations of leadership C2 Practical skills required for different leadership styles C3 Leading a sport and exercise activity C4 Effectiveness and impact of leadership on a sport and exercise activity**BTEC Sport Unit 3****LEARNING AIM D** **Reflect on the recruitment and selection process and your individual performance**D1 Review and evaluation  D2 Updated SWOT and action plan     | **BTEC Sport UNIT 3 and 4**  Final revision and updates to assignments      |    |    |