



FURTHER STUDY

- SPORTS SCIENCE / SPORTS COACHING / SPORTS MEDICINE / PHYSIOTHERAPY / SPORTS ANALYSIS / LEISURE MANAGEMENT

CAREER PATHS

- FITNESS INSTRUCTOR / ARMED FORCES / POLICE FORCE / PARAMEDIC / PE TEACHER / SPORTS DEVELOPMENT ETC

SKILLS

- RESPECT / ACTIVITY IN SPORT / SUSTAINED RESILIENCE / COMMUNICATION / CONFIDENCE / APPLYING SKILLS / REHEARSAL OF SKILLS / LEADERSHIP / ORGANISATION

INTEREST

A LIFELONG PASSION FOR PHYSICAL ACTIVITY TO ENSURE A LIFELONG PHYSICAL, SOCIAL AND MENTAL WELL BEING

UNIT 10 SPORTS EVENT ORGANISATION

- Types of sports events
- Planning & promoting sports events
- Planning whole school event
- Reviewing and reflecting on a school event
- Making an impact in our school by organising mini and whole school events
- Developing skills to lead a large event

UNIT 2 REVISION UNIT 19 REVISION RE-VISIT INTERNALLY ASSESSED UNITS TO IMPROVE

Some units are taught in Y13 as opposed to Y12. Unit 1 is always taught in Y12 and Unit 2 always taught in Y13.

REVISION

REVISION & EXAMS

UCAS
Apply for University through UCAS or alternative post 18 Sport courses

UNIT 27 OUTDOOR EDUCATION

- Understanding different types of activities in outdoor sector
- Factors affecting the growth of the outdoor sector
- Keeping participants safe in an outdoor environment
- Participating in a range of outdoor adventure activities
- Planning and leading a residential European visit
- Reviewing the benefits of outdoor adventure activities

UNIT 4 SPORTS LEADERSHIP

- Different leadership roles
- Skills and qualities of a leader
- Effective characteristics when leading
- Psychological factors that impact leadership
- Leading a sporting activity

UNIT 23 ACQUIRING SKILL

- Learning & skill
- Skill & ability
- Information processing
- Perception & decision making
- Feedback
- Behaviour theory
- Practice, learning & guidance



TRIAL EXAMS



UNIT 2 FITNESS TRAINING SCENARIO

- Positive and negative lifestyle factors
- Lifestyle modification techniques
- Health monitoring tests
- Diet and dietary recommendations
- Training methods applied to a scenario

UNIT 19 DEVELOPMENT & PROVISION OF SPORT

- Sports development – participation barriers and solutions
- Stakeholders and measuring sports development
- Wider sports development and commercialization of sport
- Media in sport and commercialization

UNIT 3 PROFESSIONAL DEVELOPMENT

- Provision & Careers
- Training & CPD
- Job applications
- Interviews



Blood Pressure Category	Systolic (mm Hg) (upper 45)	Diastolic (mm Hg) (lower 45)
Normal	less than 120	less than 80
Prehypertension	120 - 139	80 - 89
High Blood Pressure (Hypertension) Stage 1	140 - 159	90 - 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	100 or higher



End of Year EXAMS



UNIT 6 PSYCHOLOGY

- Personality, motivation & competitive pressure
- Group dynamics
- Effective leadership
- Mental skills training

UNIT 9 RESEARCH METHODS

- Types of research
- Validity & reliability
- Ethics
- Qualitative data
- Quantitative data

UNIT 1 ANATOMY

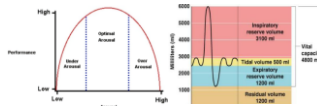
- The role of ATP
- ATP-PC system
- Lactic acid system
- Aerobic System
- Fuel sources
- Krebs cycle

UNIT 8 COACHING

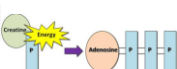
- Coaching for performance
- Qualities of a good coach
- Best practices & tactics for performance
- Planning a performance based session
- Delivering a series of coaching sessions
- Reflecting on your coaching



UNIT 1 & 22 EXTERNAL EXAMINATIONS



TRIAL EXAMS



UNIT 5 FITNESS TESTING

- Types of fitness tests
- Validity & reliability
- Planning tests
- Fitness profiles
- Feedback



Business In Sport

UNIT 22 BUSINESS IN SPORT

- Features of business
- Aims of business
- Sports provision
- Customer groups
- Human resources
- Marketing
- Finance
- Trends

UNIT 1 ANATOMY

- Structure of respiratory system
- Functions
- Lung volumes
- Breathing control
- Responses to exercise
- Adaptations

UNIT 7 PRACTICAL SPORT

- NGB rules
- Roles of officials
- Tactical demands of sport
- Safe participation in sport

UNIT 1 ANATOMY

- Structure of cardio-vascular system
- Functions of cardio-vascular system
- Cardiac cycle



UNIT 1 ANATOMY

- Types of muscles
- Major muscles and movement patterns
- Antagonistic muscles
- Fibre types
- Adaptations
- Muscle changes

PRACTICAL INVOLVEMENT

- Students buddy with teacher
- Students attach KS3 class to develop leadership thru year

UNIT 1 ANATOMY

- Structure of skeletal system
- Function of skeletal system
- Joints & movements
- Skeletal diseases
- Exercise & skeletal growth



6 WEEKLY INTERNAL ASSESSMENTS TO TRACK PUPIL PROGRESS



AO1/2 KNOWLEDGE
Demonstrating knowledge & understanding

AO3 ANALYSIS
Analysing practical situations

AO4 EVALUATE
Evaluating practical situations

AO5 CONNECTIONS
Making connections with systems