



Subject Area: Physical Education – KS5

'Physical Education is an ideal platform to develop an individual's ability to think and reason through physical processes; to grow physically and lead a healthy lifestyle; to nurture the sense of self-fulfilment through physical activity'

Curriculum Overviews	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 12	Unit 1: Anatomy and Physiology Skeletal system Muscular system Unit 7: Practical Sport Rules, regulations and tactics for various sports.	Unit 1: Anatomy and Physiology Respiratory System Cardiovascular system Energy Systems Unit 7: Practical Sport Rules, regulations and tactics for various sports.	Unit 1: Anatomy and Physiology External Exam Unit 3: Professional Development in the Sports Industry Career and job opportunities Unit 7: Practical Sports Practical performance - gathering evidence	Unit 3: Unit 3: Professional Development in the Sports Industry Career and job opportunities in the sports industry Unit 1: Anatomy and Physiology Revision Unit 7: Practical Sports Practical performance - gathering evidence	Unit 1: Anatomy and Physiology Revision Unit 3: Professional Development in the Sports Industry Career and job opportunities in the sports industry Own skill audits Develop an action plan. Unit 7: Practical Sports Evaluating practical performance	Unit 1: Exam re-sit. Unit 3: Professional Development in the Sports Industry Own skill audits Develop an action plan. Report analysis Unit 7: Practical Sports Evaluating practical performance
Year 13	Unit 2: Sports Programming: Exam structure Positive and negative Lifestyle factors PAR-Q Case studies Unit 3: Professional Development in the Sports Industry Job adverts in leisure centres Job analysis/ descriptions/ specifications	Unit 2: Sports Programming: Training methods Training programmes Diet analysis Unit 3: Professional Development in the Sports Industry Job adverts in leisure centres Job analysis/ descriptions/ specifications Skills audits	Unit 2: Sports Programming: External exam Unit 3: Professional Development in the Sports Industry Skills audits Job interviews SWOT analysis Action plans	Unit 2: Sports Programming: Revision and practice questions ready for the re-sit in May. Any unit upgrades/extensions required.	Unit 2: Sports Programming: May re-sit of the external exam.	

Texts, Exam Boards and Useful Websites:

Key Stage 5 (Year 12 – 13)

Exam Board – BTEC National Extended Certificate

<https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/btec-13-national-cert-in-sport-spec.pdf>