



PE GCSE & BTEC Level 3 Curriculum Learning Journey

Knowledge & Concepts increase students depth/ challenge and build on previous learning where topics are revisited throughout their learning journey

		Year 10	Year 11	Year 12	Year 13
Half Term 1	Topics	Principles of training, Goal setting, mental preparation	Skilful movement	Unit 1: Skeletal system Unit 2: Lifestyle factors, health and wellbeing	Unit 3: Career and job opportunities in sport Unit 6: Personality, motivational, Arousal factors
	Knowledge	<ul style="list-style-type: none"> Applying the principles of training Optimising training Applying goal setting to sport Apply practical examples Guidance and feedback 	<ul style="list-style-type: none"> Motor skills Characteristics of skilful movements 	<p>U1: Effects of exercise, Functions, Structure, Joints, Adaptations of the skeletal system to exercise, application to sport</p> <p>U2: Positive and negative lifestyle factors, lifestyle modification</p>	<p>U3: Scope and provision of the sports industry, Careers and jobs in the sports industry</p> <p>U6: Personality traits, social learning theory, interactional theory, assessment of personality, Types of motivation, Mastery climate, competitive climate, attribution theory, drive theory, inverted U hypothesis, Catastrophe theory, individual zones of optimal functioning.</p>
Half Term 2	Topics	Injury Coursework	Guidance and feedback, Mental preparation	Unit 1: Muscular System Unit 2: Screening Process	Unit 3: Career and job opportunities in sport Unit 6: Stress, anxiety, self-confidence
	Knowledge	<ul style="list-style-type: none"> Risk of injury Prevention Hazards Fitness Tests Fitness Components Skill Analysis Application to Performance 	<ul style="list-style-type: none"> Guidance Advantages and disadvantages Types of feedback and application 	<p>U1: Functions, Antagonistic pairs, muscle contraction, Fibre types, response to muscular system, adaptations, Application to sport</p> <p>U2: Screening process, health monitoring tests, interpreting the results.</p>	<p>U3: Professional training routes, legislation, skills in sports industry, CPD</p> <p>U6: Stress, types of anxiety, multi-dimensional anxiety theory, consequences of stress and anxiety, reversal theory, benefits of self-confidence, Optimal self-confidence, expectations influence performance, Bandura's self-efficacy theory, application of model to sports performance.</p>



		Year 9	Year 10	Year 11	Year 12	Year 13
Half Term 3	Topics	Movement analysis	Coursework	Revision	Unit 1: Respiratory system Unit 2: Nutritional needs	Unit 3: Explore own skills using a skills audit Unit 6: Group dynamics in team sports and effect on performance.
	Knowledge	<ul style="list-style-type: none"> Levers Planes of movement Axes of rotation Bone location Muscle location Joint types Movement types 	<ul style="list-style-type: none"> Movement Analysis Skeletal System Muscular System Methods of Training Principles of Training Goal Setting Risk Assessment 	Exam technique/ practice	U1: Structure, Function, Lung Volumes, Control of breathing, Responses to exercise, adaptations, Application to sport, U2: Common terminology, Balanced diet, Nutritional strategies for training programmes	U3: Personal skills audit for potential careers U6: Group processes, Cohesion in effective group performance, Leadership In creating effective groups.
Half Term 4	Topics	Cardiovascular and respiratory systems	Application in Depth Case Studies	Revision	Unit 1: Cardiovascular system Unit 2: Components of fitness, training methods	Unit 3: Explore skills using a skills audit Unit 6: Impact of processes, cohesion and leadership on a team performance.
	Knowledge	<ul style="list-style-type: none"> Structure and function Aerobic and Anaerobic exercise 	<ul style="list-style-type: none"> Frankie Dettori Mat Fraser Petter Norburg Dave Scott Roger Federer Bolt, Ronaldo, Farah 	Exam technique/ practice	U1: Structure, Function, Cardiac cycle, Response to exercise, adaptations, Application to sport, U2: Aerobic endurance, Strength, Muscular endurance, Flexibility, Speed, Body composition, Skill related – agility, balance, coordination, reaction time, power, Training methods	U3: Planning personal development towards a career, maintaining a personal portfolio U6: Positive and negative impact, measurement of the impact of processes, cohesion and leadership on a team performance using sociograms – uses, and construction.



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Half Term 5	Topics	Short and long term effects of exercise	Commercialisation	Exam	Unit 1: Energy systems Unit 2: Training programme design,	Unit 3: Undertake a recruitment activity Unit 6: Explore psychological skills training programmes designed to improve performance.
	Knowledge	<ul style="list-style-type: none"> • Application to sport • Collection and use of data 	<ul style="list-style-type: none"> • Media • Sponsorship • The influence on sport 		U1: Role of ATP, ATP-PC, Lactate system, Aerobic system, Adaptations to exercise Application to sport U2: Principles of training, training programme	U3: Job applications, Interviews and selected career pathway – specific skills U6: Self-talk, Influencing motivation through goal setting, Arousal control techniques, Imagery.
Half Term 6	Topics	Components of fitness and methods of training	Ethics and engagement patterns		Introduction to unit 3 and unit 6	Unit 3: Reflect on the recruitment and selection process and our individual performance Unit 6: Designing a psychological skills training programme
	Knowledge	<ul style="list-style-type: none"> • CV endurance • Muscular endurance • Speed • Strength • Power • Flexibility • Agility • Balance • Co-ordination • Reaction time 	<ul style="list-style-type: none"> • Sportsmanship • Gamesmanship • Drugs in sport • Violence in sport • Physical activity and sport in UK • Participation levels 		Professional development in the sports industry. Sports psychology – summer prep work: research based investigation	U3: Review and evaluation, updated SWOT and action plan U6: Techniques to develop, assessment of psychological skills, benefits of psychological skills programme, devising a training programme.