



Subject: BTEC PE

Year 10		
	Theme	Teaching
1	Unit 1 - Fitness for Sport and Exercise - Components of Physical Fitness	Aerobic endurance, muscular endurance, flexibility, speed, muscular strength, body composition.
2		
3	Unit 1 - Fitness for Sport and Exercise - Components of Skill Related Fitness	Agility, balance, coordination, power, reaction time, components for sports performance.
4		
5	Unit 1 - Fitness for Sport and Exercise - Why fitness components are important for successful participation in given sports	Being able to successfully meet the physical demands of the sport in order to reach optimal performance
6	Unit 1 - Fitness for Sport and Exercise - Exercise Intensity	Measure heart rate (HR) and apply HR intensity to fitness training methods, Target zones and training thresholds, Maximum HR, 60-85% Training Zones
7		
8	Unit 1 - Fitness for Sport and Exercise - Borg Scale	Borg (1970) (6–20) Rating of Perceived Exertion (RPE) Scale
9	Unit 1 - Fitness for Sport and Exercise - Basic Principles of Training	Frequency: the number of training sessions completed over a period, Intensity: how hard an individual will train, Time: how long an individual will train for, Type: how the individual will train
10		
11	Unit 1 - Fitness for Sport and Exercise - Additional Principles of Training	Progressive overload, Specificity, Individual needs / differences, Adaptation, reversibility, Variation
12		
13	Unit 1 - Fitness for Sport and Exercise - Flexibility Training	Static, Ballistic, PNF
14	Unit 1 - Fitness for Sport and Exercise - Strength, muscular Endurance and power Training	Weights including 1RM, Sets and Reps
15	Unit 1 - Fitness for Sport and Exercise - Plyometrics	The contraction of the muscle being extended through the greatest range of motion and the sports and specific skills that benefit from this training
16	Unit 1 - Fitness for Sport and Exercise - Aerobic Endurance Training	Contunuous, Fartlek and Interval
17		
18	Unit 1 - Fitness for Sport and Exercise - Speed Training	Acceleration, Hollow Sprints, Interval Training
19		

Year 10		
	Theme	Teaching
20	Unit 1 - Fitness for Sport and Exercise - importance of Fitness Testing	Baseline Data, Training Programme Design and Goal Setting
21		
22	Unit 1 - Fitness for Sport and Exercise - Fitness Test Requirements	Pre-test procedures, Testing Methods and equipment, Purpose, measurements and test results, reliability, validity and practicality
23		
24		
25	Unit 2 - Practical Sports Performance - Understand the rules, regulations and scoring systems for selected sports	National governing body that governs the rules of the sport within the United Kingdom, and the international governing body that regulates all the rules of the sport
26		
27		Suggestions for ways the rules, regulations and scoring systems for each sport could be improved or ways that equipment/playing areas could be adapted
28		Compare and contrast the roles of the officials for the two sports
29		
30		
31		
32	Unit 2 - Practical Sports Performance - Practically demonstrate skills, techniques and tactics in selected sports	Demonstrate the technical requirements of each sport in isolated practices. This should include specific drills which are used to develop a performer's ability to apply the skill/technique correctly.
33		
34		Demonstrating the relevant techniques and tactics of each sport in conditioned practices/games, including adapted competitive situations which further develop skills and techniques and also includes tactical applications
35		
36	Unit 2 - Practical Sports Performance - Be able to review sports Performance	Develop an observation checklist including format, grading system and structure
37		Assess and evaluate performance identifying strengths and areas for improvement
38		Make recommendations on how the improvements identified could be made, for example, goal setting, training courses, use of technology, support and guidance from the coach/teacher etc for each sport.
39		



Subject: BTEC PE

Year 11		
	Theme	Teaching
1	Unit 3 - Applying the Principles of Training - Design a Personal fitness training programme	Collect personal information including: personal goals, aims and objectives, a medical history questionnaire, a lifestyle and physical activity questionnaire, and attitudes and personal motivation for training.
2		
3		Identify key strengths and areas for improvement that might influence how you design your training programme.
4		
5		Independently design a safe six-week fitness training programme.
6		
7		Planning to warm up and cool down for each exercise session and a summary of the importance of these components.
8		Produce a plan that: details each of the principles of training, including what they are and how you have used them in your training plan.
9		
10		Planning to maintain exercise adherence, how you will prevent/avoid barriers to training and how you will make sure your training stays enjoyable.
11	Unit 3 - Applying the Principles of Training - Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training	Main structures of the cardiorespiratory and musculoskeletal systems.
12		
13		Discussion of the workings of the systems in relation to the fitness training session
14		
15	Unit 3 - Applying the Principles of Training - Implement a self-designed personal fitness training programme to achieve own goals and objectives	Awareness of safely implementing a fitness training programme by wearing the correct kit and following all safety procedures.
16	Unit 3 - Applying the Principles of Training - Implement a self-designed personal fitness training programme to achieve own goals and objectives	Record your progress in a training diary. Include: <ul style="list-style-type: none"> • date, time and location for the training undertaken • aims and objectives for each session • session duration • type of training undertaken • programme details including frequency, intensity, type and time (FITT) • log of personal performance and achievements • resources required
17		
18		
19		

Year 11		
	Theme	Teaching
20	Unit 3 - Applying the Principles of Training - Implement a self-designed personal fitness training programme to achieve own goals and objectives	Assess the progress that you have made at the end of each week. Consider the reasons behind why you have or have not achieved your aims and objectives.
21		
22	Unit 3 - Applying the Principles of Training - Implement a self-designed personal fitness training programme to achieve own goals and objectives	The principles of progressive overload and details of how progressive overload has been achieved over the course of the programme
23		
24	Unit 3 - Applying the Principles of Training - Review a personal fitness training programme	Conduct a review of your training programme. This could be completed as a written review or as a discussion with your tutor or a classmate
25		
26	Unit 5 - The Sports Performer in Action - Know about the short-term responses and long-term adaptations of the body systems to exercise	Short-term response of the musculoskeletal system.
27		Short-term response of the cardiorespiratory system.
28		Long Term adaptations for the Cardiorespiratory system
29		Long Term adaptations for the Musculoskeletal system
30		Outline the changes that happen to the systems in relation to the three different sports activities and give reasons as to why these occur.
31		Make comparisons between long-term adaptations across the three different sports activities. You could consider different athletes within your presentation.
32		Functions of the THREE energy systems: 1. Aerobic system, 2. ATP-CP anaerobic system, 3. Glycolysis anaerobic system
33	Unit 5 - The Sports Performer in Action - Know about the different energy systems used during sports performance	
34		
35		
36	End of Course	End of Course
37		
38		
39		