



CURIOSITY

COMPASSION

COURAGE



Academic Outline 2022-23

Physical Education (KS4 Assessed)

	Term 1 Aug-Oct	Term 2 Nov-Dec	Term 3 Jan-Feb	Term 4 Mar-Apr	Term 5 Apr-May	Term 6 Jun-Jul
Year 10: BTEC Level 2	<p><u>Component 1- Preparing participant to take part in sport and physical activity</u></p> <p><u>A1 Types and providers of sport and physical activities</u></p> <p><u>A2 Types and needs of sports participants</u></p> <p><u>A3 Barriers to participation in sport and physical activity</u></p> <p><u>A4 Methods to address barriers to participation</u></p>	<p><u>Component 1- Preparing participant to take part in sport and physical activity</u></p> <p><u>B1 Different types of sport clothing and equipment</u></p> <p><u>B2 Different types of technology and their benefits</u></p> <p><u>B3 The limitations of using technology in sport</u></p>	<p><u>Component 1- Preparing participant to take part in sport and physical activity</u></p> <p><u>C1 Planning a warm up</u></p> <p><u>C2 Adapting a warm up for different categories</u></p> <p><u>C3 Delivering a warm up to prepare participants</u></p>	<p><u>Component 2- Taking part and improving other participants sporting performance</u></p> <p><u>A1 Components of physical fitness</u></p> <p><u>A2 Components of skill related fitness</u></p> <p><u>B1 Techniques, strategies and fitness required for sports</u></p>	<p><u>Component 2- Taking part and improving other participants sporting performance</u></p> <p><u>B2 Officials in sport</u></p> <p><u>B3 Rules and regulations in sport</u></p> <p><u>C1 Planning drills and conditioned practices to develop</u></p> <p><u>C2 Drills to improve sporting performance</u></p>	<p><u>Component 2</u></p> <p><u>Component 3- Developing fitness to improve other participants performance in sport and physical activity</u></p> <p><u>A1 The importance of fitness for successful participation in sport</u></p> <p><u>A2 Fitness training principles</u></p> <p><u>A3 Exercise intensity and how it can be determined</u></p> <p><u>B1 Fitness testing and administration of tests</u></p>
Year 11: BTEC Level 2	<p><u>Component 2- Taking part and improving other participants sporting performance</u></p> <p><u>A1 Components of physical fitness</u></p> <p><u>A2 Components of skill related fitness</u></p> <p><u>B2 Officials in sport</u></p> <p><u>B3 Rules and regulations in sport</u></p> <p><u>C1 Planning drills and conditioned practices to develop</u></p> <p><u>C2 Drills to improve sporting performance</u></p>	<p><u>Component 3-</u></p> <p><u>B2 Fitness test methods for components of physical fitness</u></p> <p><u>B3 Fitness test methods for components of skill related fitness</u></p> <p><u>B4 Interpretation of fitness test result</u></p> <p><u>C1 Requirements for fitness training methods</u></p> <p><u>C2 Fitness training methods for physical components of fitness</u></p> <p><u>C3 Fitness training methods for skill related components</u></p>	<p><u>Component 3-</u></p> <p><u>C4 Requirements for each fitness method</u></p> <p><u>C5 Provision for taking part in training methods</u></p> <p><u>C6 The effects of long term fitness training</u></p> <p><u>D1 Personal information to aid training fitness programme design</u></p> <p><u>D2 Fitness programme design</u></p> <p><u>D3 Motivational techniques for fitness</u></p>	Resit of components	Resit of components	