




Rossett PE Curriculum Overview

	1				2				3				4				5				6			
KS3 Year 7 <i>(4 lessons over 2 weeks)</i>	Football		Badminton		Netball		HRF		Problem Solving		Basketball		Gym	Dance	Table Tennis		Athletics		Cricket		Rounders			
KS3 Year 8 <i>(4 lessons over 2 weeks)</i>	Football		Badminton		Netball		HRF		Orienteering		Basketball		Gym	Dance	Table Tennis		Athletics		Cricket		Rounders			
KS3 Year 9 <i>(4 lessons over 2 weeks)</i>	Football		Badminton		Netball		HRF		Volleyball		Basketball		Trampolining		Table Tennis		Athletics		Cricket		Rounders			
KS4 Year 10 <i>(3 lessons over 2 weeks)</i> 	Football		Badminton		Netball		HRF		Volleyball	Dodgeball	Basketball		Trampolining		Table Tennis		Touch Rugby	Capture the flag	Softball		Rounders			
KS4 Year 11 <i>(2 lessons over 2 weeks; options process)</i>	Badminton	Basketball	Benchball	Capture the flag	Dodgeball	Football	Handball	HRF	Hockey	Just Dance	Rounders	Softball	Table Tennis	Touch Rugby	Trampolining	Ultimate Frisby	Volleyball	Well-being						
KS4 GCSE & BTEC Tech																								
KS4 BTEC Tech	CO1A Types & Provision of Sport				CO1B Equipment & Technology in Sport		CO1C Preparing Participants for exercise		CO1C Preparing Participants for exercise		PSA task for CO1		CO2A Components of Fitness				CO2B Officials in Sport				CO2C Improving Sporting techniques			
	CO2C Improving Sporting techniques		PSA task for CO2		CO3A Importance of Fitness		CO3B Fitness Testing		CO3B Fitness Testing		CO3C Methods of Training		CO3D Fitness Programming				Preparing for exams				Exam			
KS4 GCSE PE	1.1 Skeletal and Muscular System				1.1 Movement Analysis				1.2 Optimising Performance				1.2 Optimising Performance				2.2 Sports Psychology				Component 5 AEP			
	Component 5 AEP				2.3 Diet & Nutrition				2.1 Commercialisation in Sport				2.1 Engagement Patterns in Sport				1.1 Respiratory and Cardiovascular System				Exams			
KS5 A-Level and BTEC Single & Double																								
A-Level Component 1 <i>Physiological factors affecting performance</i>	Skeletal muscular system				Cardiovascular system				Respiratory system				Ergogenic aids and diet				Types of training – flexibility., strength, aerobic capacity				Biomechanics – principles, levers, technology			
	Injuries				Training at altitude and heat				Energy systems and recovery				Biomechanics – linear, fluid, angular, projectile				Preparational for exams and revision				Exam			
A-Level Component 2 <i>Psychological factors affecting performance</i>	Skill Acquisition				Skill Acquisition				Memory Models				Individual Differences				Individual Differences				Individual Differences			
	Group and Team Dynamics				Attribution & Self- Confidence				Leadership in Sport				EAPI & Practical Performance				Preparing for exams				Exam			
A-Level Component 3 <i>Socio-cultural issues in physical activity&sport (exam)</i>	Emergence and evolution of sport – Pre 1850				Emergence and evolution of sport – Post 1850				Influence of public schools				Sport In the 20 th and 21 st century				The modern Olympic games				Hosting global sporting events			
	Ethics and deviance on sport: Drugs, Violence and Gambling				Commercialisation and media				Routes to sporting excellence				Modern technology in Sport				Preparing for exams				Exam			
BTEC Unit 1 (yr1) <i>Anatomy and Physiology</i>	The skeletal system				The muscular system				The respiratory system				The cardiovascular system				The energy systems				Exam			
BTEC Unit 2 (yr2) <i>Fitness Training and Programming (exam)</i>	Lifestyle Factors and Screening procedures				Diet & nutrition				Components of Fitness and types of training				Aims, Objectives and SMARTER Targets				Principles of Training/Periodisation				Exam			
BTEC Unit 3 (yr2) <i>Professional Development in the Sports Industry</i>	Assignment A - Understand the career and job opportunities in the sports industry				Assignment B - Explore own skills using a skills audit to inform a career development action plan (self-evaluation)				Assignment B - Explore own skills using a skills audit to inform a career development action plan (career action plan)				Assignment C - Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway				Assignment C - Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway. (Interviews)				Assignment D - Reflect on the recruitment and selection process and your individual performance			
BTEC Unit 4 (yr1) <i>Sports Leadership</i>	Assignment A – Understand the roles, qualities and characteristics of an effective sports leader				Assignment A – Understand the roles, qualities and characteristics of an effective sports leader				Assignment B - Understand the Psychology of a Leader				Assignment B - Understand the Psychology of a Leader				Assignment C - Plan, deliver and evaluate an activity session				Assignment C - Plan, deliver and evaluate an activity session			
BTEC Unit 5 (yr2) <i>Application of Fitness Testing</i>	Assignment A -Understand the Principles of Fitness Testing; validity and reliability				Assignment A -Understand the Principles of Fitness Testing; practicality and suitability				Assignment B - Explore Fitness Tests for different components of fitness				Assignment B - Explore Fitness Tests for different skill-related fitness				Assignment C - Undertake evaluation and Feedback of fitness test results							
BTEC Unit 6 (yr2) <i>Sports Psychology</i>	Assignment A – Personality factors & assessment of personality, Motivational factors				Assignment A – Arousal, Attentional focus, stress & anxiety, self confidence				Assignment B – Group processes, cohesion				Assignment B – leadership, impact of processes, cohesion and leadership and measurement using sociograms				Assignment C – Psychological skills programmes and designing a programme							
BTEC Unit 7 (yr1) <i>Practical Sports Performance</i>	Assignment A – Examine National Governing body rules & regulations of selected sports				Assignment A - Examine National Governing body roles & responsibility of officials				Assignment B – Examine the skills, techniques and tactics required to perform in selected sports; technical demands				Assignment B – Examine the skills, techniques and tactics required to perform in selected sports; technical demands Practical Sports Performance				Assignment C – Develop skills, techniques and tactics for specific sports performance; types of practice				Assignment D – Reflect on own practical performance using selected assessment methods			
BTEC Unit 22 (yr1) <i>Investigating Business in the Sport and Active Leisure industry (exam)</i>	Features and organisation of sport and active leisure businesses (business operations)				Features and organisation of sport and active leisure businesses (business operations)				Business models in sport and active leisure				Human resources, Marketing and Finance				Externally set Examination							
BTEC Unit 23 (yr1) <i>Skill Acquisition in sport</i>	Assignment A – Investigating the nature of skilled performance; qualities and characteristics of skills & abilities				Assignment B – Examine ways that sports performers process information for skilled performers; types of feedback				Assignment A/B - Skilled performance; information processing models				Assignment C – Explore theories of teaching and learning in sport; Learning theories				Assignment C – Explore theories of teaching and learning in sport; Stages of learning				Assignment D – Demonstrate teaching and learning strategies for sports skills			

