

Curriculum Subject: Physical Education - BTEC

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YEAR 10	The Impact of Sport and Activity of the Body Systems <ul style="list-style-type: none"> • Cardiorespiratory system • Musculoskeletal system • Long term effects of exercise on the systems 	Common Injuries in Sport and Activity <ul style="list-style-type: none"> • Warm up and cool down • Sports injuries • Causes of injuries • Injury rehabilitation 	The Use of Tecnology for Sport and Activity <ul style="list-style-type: none"> • Types of technology in sport • Benefits of technology • Limitations of technology 	The Principles of training, Nutrition and Psychology for Sport and Activity <ul style="list-style-type: none"> • Components of fitness • Fitness testing • Methods of training • Principles of training 	The Principles of training, Nutrition and Psychology for Sport and Activity <ul style="list-style-type: none"> • Training programmes • Nutrition • Nutritional change 	The Principles of training, Nutrition and Psychology for Sport and Activity <ul style="list-style-type: none"> • Legal supplements • Motivation • Self – confidence • Anxiety
	The Principles of training, Nutrition and Psychology for Sport and Activity <ul style="list-style-type: none"> • Revision and exam practice 	Applying the principle of sport and activity <ul style="list-style-type: none"> • Attributes of a leader • Benefits of sports participation 	Applying the principle of sport and activity <ul style="list-style-type: none"> • Target groups • Types of physical sessions • Session planning 	Applying the principle of sport and activity <ul style="list-style-type: none"> • Session delivery • Methods of reviewing 		External exams

St Bede's Curriculum Design Principles

Within subjects: depth, relevance, sequencing, spacing

Between subjects: breadth, cultural capital, coherence, progression, interlinking