

Yearly Curriculum Mapping – PE & Sport

Subject Intent

The aim of the PE department is to help students access the world of sport and physical activity through refining sporting talents, learning new skills (1), or developing a healthy lifestyle (2). By taking part in regular competitions, working as part of a team (3), and taking on leadership roles (4) students develop morals and resilience enabling them to become confident and successful athletes (5), team players and healthy individuals.

CURRICULUM MAPPING KEY		Year/Subject/Exam Board	Theme/Exam Paper	Topic	What will the students be learning?	Assessment	
HT1		HT2	HT3	HT4	HT5	HT6	Assessments
Year 7	<p>Practical Physical Education</p> <p>Various Sport and Physical Activities</p> <p>Students will participate in a broad and balanced curriculum involving participation in a variety of activities including:</p> <ul style="list-style-type: none"> Gymnastics Badminton Dance Fitness OAA Rugby Football Basketball Netball Hockey <p>Students continuously assessed throughout the delivery of each activity and progress tracked to inform APs.</p> <p>(1, 2, 3, 4 & 5)</p>	<p>Practical Physical Education</p> <p>Various Sport and Physical Activities</p> <p>Students will participate in a broad and balanced curriculum involving participation in a variety of activities including:</p> <ul style="list-style-type: none"> Gymnastics Badminton Dance Fitness OAA Rugby Football Basketball Netball Hockey <p>Students continuously assessed throughout the delivery of each activity and progress tracked to inform APs.</p> <p>(1, 2, 3, 4 & 5)</p>	<p>Practical Physical Education</p> <p>Various Sport and Physical Activities</p> <p>Students will participate in a broad and balanced curriculum involving participation in a variety of activities including:</p> <ul style="list-style-type: none"> Gymnastics Badminton Dance Fitness OAA Rugby Football Basketball Netball Hockey <p>Students continuously assessed throughout the delivery of each activity and progress tracked to inform APs.</p> <p>(1, 2, 3, 4 & 5)</p>	<p>Practical Physical Education</p> <p>Various Sport and Physical Activities</p> <p>Students will participate in a broad and balanced curriculum involving participation in a variety of activities including:</p> <ul style="list-style-type: none"> Gymnastics Badminton Dance Fitness OAA Rugby Football Basketball Netball Hockey <p>Students continuously assessed throughout the delivery of each activity and progress tracked to inform APs.</p> <p>(1, 2, 3, 4 & 5)</p>	<p>Practical Physical Education</p> <p>Various Sport and Physical Activities</p> <p>Students will participate in a broad and balanced curriculum involving participation in a variety of summer activities including:</p> <ul style="list-style-type: none"> Athletics Cricket Rounders <p>Students continuously assessed throughout the delivery of each activity and progress tracked to inform APs.</p> <p>(1, 2, 3, 4 & 5)</p>	<p>Practical Physical Education</p> <p>Various Sport and Physical Activities</p> <p>Students will participate in a broad and balanced curriculum involving participation in a variety of summer activities including:</p> <ul style="list-style-type: none"> Athletics Cricket Rounders <p>Students continuously assessed throughout the delivery of each activity and progress tracked to inform APs.</p> <p>(1, 2, 3, 4 & 5)</p>	<p>Continuous Assessment:</p> <p>Students are assessed in each activity on the range and quality of skills, physical attributes and decision making. They will also be assessed on their theoretical understanding.</p> <p>These criteria are linked to, and therefore prepare students for both general and vocational sports courses at KS4.</p>
Year 8	<p>Practical Physical Education</p> <p>Various Sport and Physical Activities</p> <p>Students will participate in a broad and balanced curriculum involving participation in a variety of activities including:</p>	<p>Practical Physical Education</p> <p>Various Sport and Physical Activities</p> <p>Students will participate in a broad and balanced curriculum involving participation in a variety of activities including:</p>	<p>Practical Physical Education</p> <p>Various Sport and Physical Activities</p> <p>Students will participate in a broad and balanced curriculum involving</p>	<p>Practical Physical Education</p> <p>Various Sport and Physical Activities</p> <p>Students will participate in a broad and balanced curriculum involving</p>	<p>Practical Physical Education</p> <p>Various Sport and Physical Activities</p> <p>Students will participate in a broad and balanced curriculum involving</p>	<p>Practical Physical Education</p> <p>Various Sport and Physical Activities</p> <p>Students will participate in a broad and balanced curriculum involving</p>	<p>Continuous Assessment:</p> <p>Students are assessed in each activity on the range and quality of skills, physical attributes and decision making. They will also be assessed on their</p>



	<ul style="list-style-type: none"> • Badminton • Dance • Fitness • OAA • Trampoline • Rugby • Football • Basketball • Netball • Hockey <p>(1, 2, 3, 4 & 5)</p> <p>Students continuously assessed throughout the delivery of each activity and progress tracked to inform APs.</p>	<ul style="list-style-type: none"> • Badminton • Dance • Fitness • OAA • Trampoline • Rugby • Football • Basketball • Netball • Hockey <p>(1, 2, 3, 4 & 5)</p> <p>Students continuously assessed throughout the delivery of each activity and progress tracked to inform APs.</p>	<p>participation in a variety of activities including:</p> <ul style="list-style-type: none"> • Badminton • Dance • Fitness • OAA • Trampoline • Rugby • Football • Basketball • Netball • Hockey <p>(1, 2, 3, 4 & 5)</p> <p>Students continuously assessed throughout the delivery of each activity and progress tracked to inform APs.</p>	<p>participation in a variety of activities including:</p> <ul style="list-style-type: none"> • Badminton • Dance • Fitness • OAA • Trampoline • Rugby • Football • Basketball • Netball • Hockey <p>(1, 2, 3, 4 & 5)</p> <p>Students continuously assessed throughout the delivery of each activity and progress tracked to inform APs.</p>	<p>participation in a variety of summer activities including:</p> <ul style="list-style-type: none"> • Athletics • Cricket • Rounders <p>(1, 2, 3, 4 & 5)</p> <p>Students continuously assessed throughout the delivery of each activity and progress tracked to inform APs.</p>	<p>participation in a variety of summer activities including:</p> <ul style="list-style-type: none"> • Athletics • Cricket • Rounders <p>(1, 2, 3, 4 & 5)</p> <p>Students continuously assessed throughout the delivery of each activity and progress tracked to inform APs.</p>	<p>theoretical understanding.</p> <p>These criteria are linked to, and therefore prepare students for both general and vocational sports courses at KS4.</p>
<p>Year 9</p> <p>Core PE</p> <p>Exam Board: N/a</p>	<p>Practical Physical Education</p> <p>Various Sport and Physical Activities</p> <p>Students will participate in a broad and balanced curriculum involving participation in a variety of activities including:</p> <ul style="list-style-type: none"> • Badminton • Fitness • OAA • Trampoline • Rugby • Football • Basketball • Netball • Hockey <p>(1, 2, 3, 4 & 5)</p> <p>Students continuously assessed throughout the delivery of each activity and progress tracked to inform APs.</p>	<p>Practical Physical Education</p> <p>Various Sport and Physical Activities</p> <p>Students will participate in a broad and balanced curriculum involving participation in a variety of activities including:</p> <ul style="list-style-type: none"> • Badminton • Fitness • OAA • Trampoline • Rugby • Football • Basketball • Netball • Hockey <p>(1, 2, 3, 4 & 5)</p> <p>Students continuously assessed throughout the delivery of each activity and progress tracked to inform APs.</p>	<p>Practical Physical Education</p> <p>Various Sport and Physical Activities</p> <p>Students will participate in a broad and balanced curriculum involving participation in a variety of activities including:</p> <ul style="list-style-type: none"> • Badminton • Fitness • OAA • Trampoline • Rugby • Football • Basketball • Netball • Hockey <p>(1, 2, 3, 4 & 5)</p> <p>Students continuously assessed throughout the delivery of each activity and progress tracked to inform APs.</p>	<p>Practical Physical Education</p> <p>Various Sport and Physical Activities</p> <p>Students will participate in a broad and balanced curriculum involving participation in a variety of activities including:</p> <ul style="list-style-type: none"> • Badminton • Fitness • OAA • Trampoline • Rugby • Football • Basketball • Netball • Hockey <p>(1, 2, 3, 4 & 5)</p> <p>Students continuously assessed throughout the delivery of each activity and progress tracked to inform APs.</p>	<p>Practical Physical Education</p> <p>Various Sport and Physical Activities</p> <p>Students will participate in a broad and balanced curriculum involving participation in a variety of summer activities including:</p> <ul style="list-style-type: none"> • Athletics • Cricket • Rounders <p>(1, 2, 3, 4 & 5)</p> <p>Students continuously assessed throughout the delivery of each activity and progress tracked to inform APs.</p>	<p>Practical Physical Education</p> <p>Various Sport and Physical Activities</p> <p>Students will participate in a broad and balanced curriculum involving participation in a variety of summer activities including:</p> <ul style="list-style-type: none"> • Athletics • Cricket • Rounders <p>(1, 2, 3, 4 & 5)</p> <p>Students continuously assessed throughout the delivery of each activity and progress tracked to inform APs.</p>	<p>Continuous Assessment:</p> <p>Students are assessed in each activity on the range and quality of skills, physical attributes and decision making.</p> <p>They will also be assessed on their theoretical understanding.</p> <p>These criteria are linked to, and therefore prepare students for both general and vocational sports courses at KS4.</p>

<p>Year 10</p> <p>Cambridge Nationals Award in Sports Science</p> <p>Exam Board: OCR</p>	<p>Unit R041: Reducing the Risk of Sports Injuries</p> <p>Learning Outcome 1: Understand Different Factors which Influence the Risk of Injury</p> <p>1.1 - Extrinsic factors which can influence the risk of injury</p> <p>1.2 - Intrinsic factors which can influence the risk of injury</p> <p>(1, 2 & 5)</p> <p>Learning Outcome 2: Understand how Appropriate Warm Up and Cool Down Routines Can Help Prevent Injury</p> <p>2.1 - The physical benefits of a warm up</p> <p>2.2 - The psychological benefits of a warm up</p> <p>2.3 - Key components of a warm up</p> <p>2.4 - The physical benefits of a cool down</p> <p>2.5 - Key components of a cool down</p> <p>2.6 - Specific needs which a warm up and cool down must consider</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test</p>	<p>Unit R041: Reducing the Risk of Sports Injuries</p> <p>Learning Outcome 3: Know how to Respond to Injuries within a Sporting Context</p> <p>3.1 - Acute and chronic injuries</p> <p>3.2 - Types, causes and treatments of sports injuries</p> <p>3.3 - How to respond to injuries and medical condition in a sporting context</p> <p>3.4 – Emergency action plans (EAP) in a sporting context</p> <p>(1, 2 & 5)</p> <p>Learning Outcome 4: Know how to Respond to Common Medical Conditions</p> <p>4.1 - The symptoms of common medical conditions</p> <p>4.2 - How to respond to these common medical conditions</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit R042: Applying the Principles of Training</p> <p>Learning Outcome 2: Know how Training Methods Target Different Fitness Components</p> <p>2.3 - Specific training methods for each fitness component.</p> <p>Learning Outcome 3: Be Able to Conduct Fitness Tests</p> <p>3.1 - Tests which assess fitness</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit R042: Applying the Principles of Training</p> <p>Learning Outcome 3: Be Able to Conduct Fitness Tests</p> <p>3.2 - How to interpret results of fitness tests</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit R042: Applying the Principles of Training</p> <p>Learning Outcome 4: Be Able to Develop Fitness Training Programmes</p> <p>4.1 - Design a fitness training programme</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit R042: Applying the Principles of Training</p> <p>Learning Outcome 4: Be Able to Develop Fitness Training Programmes</p> <p>4.2 - Evaluate the effectiveness of the training programme</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Interim Testing: Used to inform the assessment points (APs) during the year.</p> <p>Externally Assessed Exam – January (R041): Students will be working towards an exam which will initially be sat during the January exam series with the opportunity of a resit in the summer series (May) if required.</p> <p>Ongoing Coursework (R042): Student tracking will also be used to inform the school-wide assessment points (APs) during the academic year.</p>

	1 lesson for review of test/G4G Tests used to inform APs.						
	Unit R042: Applying the Principles of Training Learning Outcome 1: Know the Principles of Training in a Sporting Context 1.1 - The principles of training in a sporting context (1, 2 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	Unit R042: Applying the Principles of Training Learning Outcome 2: Know how Training Methods Target Different Fitness Components 2.1 - Aerobic and anaerobic exercise 2.2 - The components of fitness (1, 2 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	Unit R042: Applying the Principles of Training Learning Outcome 3: Be Able to Conduct Fitness Tests 3.1 - Tests which assess fitness (1, 2 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	Unit R042: Applying the Principles of Training Learning Outcome 3: Be Able to Conduct Fitness Tests 3.2 - How to interpret results of fitness tests (1, 2 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	Unit R042: Applying the Principles of Training Learning Outcome 4: Be Able to Develop Fitness Training Programmes 4.1 - Design a fitness training programme (1, 2 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	Unit R042: Applying the Principles of Training Learning Outcome 4: Be Able to Develop Fitness Training Programmes 4.2 - Evaluate the effectiveness of the training programme (1 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	
Year 10 GCSE Physical Education Exam Board: OCR	Component 1: Physical Factors Affecting Sports Performance 1.1c - Movement Analysis Lever Systems Planes of Movement and Axes of Rotation	Component 2: Socio-cultural Issues and Sports Psychology 2.2 - Sports Psychology Characteristics of Skilful Movement Characteristics of Skills Goal Setting	Component 2: Socio-cultural Issues and Sports Psychology 2.2 - Sports Psychology Mental Preparation Types of Guidance (1, 2 & 5)	Component 2: Socio-cultural Issues and Sports Psychology 2.2 - Sports Psychology Types of Feedback (1, 2 & 5) GCSE Physical Education	Component 3: Performance in Physical Education (NEA) Analysing and Evaluating Performance (AEP) A piece of coursework in which students are required to demonstrate their ability	Component 3: Performance in Physical Education (NEA) Analysing and Evaluating Performance (AEP) A piece of coursework in which students are required to analyse and evaluate their	Interim Testing: Used to inform the assessment points (APs) during the year – Includes mock exam. Final GCSE PE Exams (End of Year 11): Students to sit exams on components 1 and 2



	<p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Revision of all content covered in preparation for completing coursework.</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>to analyse and evaluate their own practical performance or that of a peer.</p> <p>(1 & 5)</p> <p>Coursework to be marked and grades tracked alongside theory and practical performance grades to inform APs.</p>	<p>own practical performance or that of a peer.</p> <p>(1 & 5)</p> <p>Coursework to be marked and grades tracked alongside theory and practical performance grades to inform APs.</p>	<p>in the summer exam series at the end of year 11.</p> <p>Practical Performance: Students will be assessed on their performance in 3 sports (1 team, 1 individual and 1 other). They will be continually assessed throughout the course with their final grade being externally moderated at the end of year 11.</p> <p>(1, 2, 3 & 5)</p> <p>Analysing and Evaluating Performance (AEP): Students will complete a piece of coursework in which they will demonstrate their ability to analyse and evaluate their own practical performance or that of a peer. This will be marked by their teacher with a sample of work being externally moderated at the end of year 11.</p>
<p>Year 11</p> <p>Cambridge Nationals Award in Sports Science</p> <p>Exam Board: OCR</p>	<p>Unit R041: Reducing the Risk of Sports Injuries</p> <p>Learning Outcome 1: Understand Different Factors which Influence the Risk of Injury</p> <p>1.1 - Extrinsic factors which can influence the risk of injury</p> <p>1.2 - Intrinsic factors which can influence the risk of injury</p> <p>(1, 2 & 5)</p>	<p>Unit R041: Reducing the Risk of Sports Injuries</p> <p>Learning Outcome 3: Know how to Respond to Injuries within a Sporting Context</p> <p>3.1 - Acute and chronic injuries</p> <p>3.2 - Types, causes and treatments of sports injuries</p> <p>3.3 - How to respond to injuries and medical condition in a sporting context</p>	<p>Unit R043: The Body's Response to Physical Activity</p> <p>Learning Outcome 2: Understand the Importance of the Musculo-skeletal and Cardio-respiratory Systems in Health and Fitness.</p> <p>2.1 - Benefits of cardio-respiratory fitness in everyday life</p> <p>2.2 - Benefits of muscular strength and flexibility</p>	<p>Unit R043: The Body's Response to Physical Activity</p> <p>Learning Outcome 3: Be Able to Assess the Short-term Effects of Physical Activity on the Musculo-skeletal and Cardio-respiratory Systems</p> <p>3.1 – Different short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems and the reasons for these</p>	<p>Unit R043: The Body's Response to Physical Activity</p> <p>Learning Outcome 4: Be Able to Assess the Long-term Effects of Physical Activity on the Musculo-skeletal and Cardio-respiratory Systems</p> <p>4.1 - Different long-term effects of physical activity on the musculo-skeletal and</p>		<p>Interim Testing: Used to inform the assessment points (APs) during the year.</p> <p>Externally Assessed Exam – January (R041): Students will be working towards an exam which will initially be sat during the January exam series with the opportunity of a resit</p>



<p>Learning Outcome 2: Understand how Appropriate Warm Up and Cool Down Routines Can Help Prevent Injury</p> <p>2.1 - The physical benefits of a warm up</p> <p>2.2 - The psychological benefits of a warm up</p> <p>2.3 - Key components of a warm up</p> <p>2.4 - The physical benefits of a cool down</p> <p>2.5 - Key components of a cool down</p> <p>2.6 – Specific needs which a warm up and cool down must consider</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs</p>	<p>3.4 – Emergency action plans (EAP) in a sporting context</p> <p>(1, 2 & 5)</p> <p>Learning Outcome 4: Know how to Respond to Common Medical Conditions</p> <p>4.1 - The symptoms of common medical conditions</p> <p>4.2 - How to respond to these common medical conditions</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>2.3 - Benefits of muscular endurance</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>3.2 - Ways to measure and record the short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>cardio-respiratory systems and the reasons for these</p> <p>4.2 - Ways to measure and record the long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>		<p>in the summer series (May) if required.</p> <p>Ongoing Coursework (R043): Student tracking will also be used to inform the school-wide assessment points (APs) during the academic year.</p>
<p>Unit R043: The Body's Response to Physical Activity</p> <p>Learning Outcome 1: Know the Key Components of the Musculo-skeletal and Cardio-respiratory Systems, their Functions and their Roles.</p> <p>1.1 - Key components of the musculo-skeletal system and it's function</p> <p>1.2 - Key components of the cardio-respiratory system and it's function</p> <p>(1 & 5)</p>	<p>Unit R043: The Body's Response to Physical Activity</p> <p>Learning Outcome 1: Know the Key Components of the Musculo-skeletal and Cardio-respiratory Systems, their Functions and their Roles.</p> <p>1.3 - The role of the musculo-skeletal system in producing movement</p> <p>1.4 - The role of the cardio-respiratory system during exercise</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals:</p>	<p>Unit R043: The Body's Response to Physical Activity</p> <p>Learning Outcome 2: Understand the Importance of the Musculo-skeletal and Cardio-respiratory Systems in Health and Fitness.</p> <p>2.1 - Benefits of cardio-respiratory fitness in everyday life</p> <p>2.2 - Benefits of muscular strength and flexibility</p> <p>2.3 - Benefits of muscular endurance</p> <p>(1 & 5)</p>	<p>Unit R043: The Body's Response to Physical Activity</p> <p>Learning Outcome 3: Be Able to Assess the Short-term Effects of Physical Activity on the Musculo-skeletal and Cardio-respiratory Systems</p> <p>3.1 – Different short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems and the reasons for these</p> <p>3.2 - Ways to measure and record the short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems</p>	<p>Unit R043: The Body's Response to Physical Activity</p> <p>Learning Outcome 4: Be Able to Assess the Long-term Effects of Physical Activity on the Musculo-skeletal and Cardio-respiratory Systems</p> <p>4.1 - Different long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems and the reasons for these</p> <p>4.2 - Ways to measure and record the long-term effects of physical activity</p>		

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<p>Year 11 GCSE Physical Education Exam Board: OCR</p>	<p>Component 1: Physical Factors Affecting Sports Performance</p> <p>1.1d - The Cardiovascular and Respiratory Systems</p> <p>Structure and function of the cardiovascular system</p> <p>Structure and function of the respiratory system</p> <p>Aerobic and anaerobic exercise</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Component 1: Physical Factors Affecting Sports Performance</p> <p>1.1e - Effects of Exercise on the Body Systems</p> <p>Short-term effects of exercise</p> <p>Long-term (training) effects of exercise</p> <p>(1, 2 & 5)</p> <p>Component 2: Socio-cultural Issues and Sports Psychology</p> <p>2.1a - Engagement Patterns of Different Social Groups in Physical Activity and Sport</p> <p>Physical Activity and Sport in the UK</p> <p>Participation in physical activity and sport</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Component 2: Socio-cultural Issues and Sports Psychology</p> <p>2.1b - Commercialisation of Physical Activity and Sport</p> <p>Commercialisation of Sport</p> <p>(1 & 5)</p> <p>2.1c – Ethical and Socio-cultural Issues in Physical Activity and Sport</p> <p>Ethics in Sport</p> <p>Drugs in Sport</p> <p>Violence in Sport</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Component 1: Physical Factors Affecting Sports Performance AND Component 2: Socio-cultural Issues and Sports Psychology</p> <p>GCSE Physical Education Revision of all content covered in preparation for final exam.</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Component 1: Physical Factors Affecting Sports Performance AND Component 2: Socio-cultural Issues and Sports Psychology</p> <p>GCSE Physical Education Revision of all content covered in preparation for final exam.</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Interim Testing: Used to inform the assessment points (APs) during the year – Includes mock exams.</p> <p>Final GCSE PE Exams: Students to sit exams on components 1 and 2 in the summer exam series at the end of year 11.</p> <p>Practical Performance: Students will be assessed on their performance in 3 sports (1 team, 1 individual and 1 other). They will be continually assessed throughout the course with their final grade being externally moderated.</p> <p>(1, 2, 3 & 5)</p> <p>Analysing and Evaluating Performance (AEP): Students will complete a piece of coursework in which they will demonstrate their</p>

							ability to analyse and evaluate their own practical performance or that of a peer. This will be marked by their teacher with a sample of work being externally moderated.
Year 12 Level 2 Cambridge Technical in Sport and Physical Activity Exam Board: OCR	Unit 1: Physical Activity, Health and Wellbeing Learning Outcome 1 - Know the Effects and Benefits of Participation in Sport and Physical Activity on the Musculoskeletal System 1.1 - The skeletal system 1.2 - The muscular system 1.3 - Joints 1.4 - Positive musculoskeletal effects of sport and physical activity (1 & 5) Learning Outcome 2 - Know the Effects and Benefits of Participation in Sport and Physical Activity on the Cardio-respiratory System 2.1 - The cardiac system 2.2 - The names and locations of the components of the respiratory system and their functions. 2.3 - Positive cardiorespiratory effects of sport and physical activity (1 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision	Unit 1: Physical Activity, Health and Wellbeing Learning Outcome 3 - Know Measures of Health and Wellbeing 3.1 - Health Measurements (1 & 5) Learning Outcome 4 - Know Trends in Participation in Sport and Physical Activity 4.1 - Main sources of information on participation in sport and physical activity 4.2 - Groups or populations analysed in terms of participation in sport and physical activity (1 & 5) Learning Outcome 4 - Know Trends in Participation in Sport and Physical Activity 4.3 - Trends over time 4.4 - Barriers to participation in sport and physical activity 4.5 - Solutions to barriers to participation in sport and physical activity (1, 2 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision	Unit 3: Inclusivity, Equality and Diversity in Delivering Sport and Physical Activity Learning Outcome 1 - Know What Inclusivity, Equality and Diversity Mean in Relation to Sport and Physical Activity 1.1 - Key terms and what they mean (1 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	Unit 3: Inclusivity, Equality and Diversity in Delivering Sport and Physical Activity Learning Outcome 1 - Know What Inclusivity, Equality and Diversity Mean in Relation to Sport and Physical Activity 1.3 - Legislation relating to inclusivity, equality, and diversity (1 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	Unit 3: Inclusivity, Equality and Diversity in Delivering Sport and Physical Activity Learning Outcome 2 - Be Able to Plan and Promote Inclusive, Equal and Diverse Sport and Physical Activity 2.1 - Support available in planning and promoting inclusive, equal, and diverse sport and physical activity 2.2 - Planning inclusive and diverse sport and physical activity (1, 4 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	Interim Testing: Used to inform the assessment points (APs) during the year. Externally Assessed Exams – Summer (Units 1 & 2): Students will be working toward exams which will initially be sat during the January exam series with the opportunity of a resit in the summer exam series if required. Ongoing Coursework (Units 3 & 4): Student tracking will also be used to inform the school-wide assessment points (APs) during the academic year.	

<p>1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>					
<p>Unit 2: Physical Preparation and Readiness for Sport and Physical Activity</p> <p>Learning Outcome 1 - Understand the Short Term Effects of Sport and Physical Activity on Body Systems</p> <p>1.1 - Short term effects (1, 2 & 5)</p> <p>Learning Outcome 2 - Understand the Long Term Effects of Sport and Physical Activity on Body Systems</p> <p>2.1 - Long term effects (1, 2 & 5)</p> <p>Learning Outcome 3 - Understand the Use of Warm Ups and Cool Downs</p> <p>3.1 - Warm ups 3.2 - Cool downs 3.3 - Purpose of a warm up 3.4 - Purpose of a cool down (1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 2: Physical Preparation and Readiness for Sport and Physical Activity</p> <p>Learning Outcome 4 - Understand the Needs of Different Participants in Sport and Physical Activity</p> <p>4.1 - Participants in sport and physical activity 4.2 - Needs of participants and how sport and physical activity can support these 4.3 - Suitable inclusive sports and physical activities for different participants 4.4 - Selecting appropriate inclusive sports or activities (1, 2, 4 & 5)</p> <p>Learning Outcome 5 - Understand sports injuries, causes and their treatment for rehabilitation</p> <p>5.1 - Common sports injuries 5.2 - Causes 5.3 - Treatment of injuries to rehabilitate (1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 3: Inclusivity, Equality and Diversity in Delivering Sport and Physical Activity</p> <p>Learning Outcome 1 - Know What Inclusivity, Equality and Diversity Mean in Relation to Sport and Physical Activity</p> <p>1.2 - Ways in which discrimination might take place for each 'Protected Characteristic' (1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 3: Inclusivity, Equality and Diversity in Delivering Sport and Physical Activity</p> <p>Learning Outcome 1 - Know What Inclusivity, Equality and Diversity Mean in Relation to Sport and Physical Activity</p> <p>1.3 - Legislation relating to inclusivity, equality, and diversity (1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 3: Inclusivity, Equality and Diversity in Delivering Sport and Physical Activity</p> <p>Learning Outcome 2 - Be Able to Plan and Promote Inclusive, Equal and Diverse Sport and Physical Activity</p> <p>2.3 - Promoting inclusive, equal and diverse sport and physical activity 2.4 - Benefits of planning and promoting inclusive, equal and diverse sport and physical activity (1, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs..</p>		

	<p>Unit 4: Leading Sport and Physical Activity Sessions</p> <p>Learning Outcome 1 - Know the Roles, Responsibilities, Skills and Behaviours of Activity Leaders</p> <p>1.1 - Roles of activity leaders</p> <p>1.2 - Responsibilities of activity leaders</p> <p>1.3 - Skills of activity leaders</p> <p>1.2 - Behaviours of activity leaders</p> <p>(1, 2, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 4: Leading Sport and Physical Activity Sessions</p> <p>Learning Outcome 2 - Be able to plan sport and activity sessions</p> <p>2.1 - Types of sport and physical activity session</p> <p>2.2 - Gather participant information</p> <p>2.3 - How to plan sport and physical activity sessions</p> <p>(1, 2, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 4: Leading Sport and Physical Activity Sessions</p> <p>Learning Outcome 3 - Be able to lead sport and activity sessions</p> <p>3.1 - How to set up activity areas</p> <p>3.2 - Introduction to participants</p> <p>3.3 - How to lead a session</p> <p>3.4 - How to conclude a session</p> <p>(1, 2, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 4: Leading Sport and Physical Activity Sessions</p> <p>Learning Outcome 3 - Be able to lead sport and activity sessions</p> <p>3.1 - How to set up activity areas</p> <p>3.2 - Introduction to participants</p> <p>3.3 - How to lead a session</p> <p>3.4 - How to conclude a session</p> <p>(1, 2, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 4: Leading Sport and Physical Activity Sessions</p> <p>Learning Outcome 4 - Be able to review sport and activity sessions</p> <p>4.1 - To review the entire physical activity session</p> <p>4.2 - To review own practice as an activity leader</p> <p>(1, 2, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>		
<p>Year 12</p> <p>Level 3</p> <p>Cambridge Technicals in Sport and Physical Activity</p> <p>Exam Board: OCR</p>	<p>Unit 5: Performance Analysis in Sport and Exercise</p> <p>Learning Outcome 1 - Understand Performance Profiling</p> <p>1.1 - What is performance profiling?</p> <p>1.2 - The main objective of performance profiling</p> <p>1.3 - The performance profiling process</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 5: Performance Analysis in Sport and Exercise</p> <p>Learning Outcome 1 - Understand Performance Profiling</p> <p>1.4 - Why and how the performance profiling process may be adapted</p> <p>1.5 - Different methods of recording performance profiling results</p> <p>1.3 - The ways in which focus areas that are identified by performance profiling might be improved upon</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test</p>	<p>Unit 5: Performance Analysis in Sport and Exercise</p> <p>Learning Outcome 2 - Be Able to Carry Out Performance Profiling</p> <p>2.1 - To carry out a personal performance profiling exercise for a sport of their choice</p> <p>2.2 - To carry out a performance profiling exercise for another person by rating their level of achievement for the identified characteristics of their chosen sport</p> <p>2.3 - To display performance profiling results in a range of different ways</p>	<p>Unit 5: Performance Analysis in Sport and Exercise</p> <p>Learning Outcome 3 - Be Able to Analyse Performance</p> <p>3.1 - What 'analysis of performance' is and the importance in improving performance</p> <p>3.2 - Methods that can be used to analyse sports performance</p> <p>3.3 - Pros and cons of different methods of performance analysis</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals:</p>	<p>Unit 5: Performance Analysis in Sport and Exercise</p> <p>Learning Outcome 3 - Be Able to Analyse Performance</p> <p>3.4 - To match the most appropriate methods of analysis to a variety of given sports and situations</p> <p>3.5 - Use of different methods to analyse sports performance</p> <p>3.6 - To analyse different types of sports performance</p> <p>(1 & 5)</p>	<p>Unit 5: Performance Analysis in Sport and Exercise</p> <p>Learning Outcome 4 - Be Able to Give Feedback on Sports Performance</p> <p>4.1 - Selection and use of appropriate feedback methods for a range of sporting situations</p> <p>(1, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Interim Testing: Used to inform the assessment points (APs) during the year.</p> <p>Ongoing Coursework: Student tracking will also be used to inform the school-wide assessment points (APs) during the academic year.</p>

		<p>1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>2.4 - To plan for improvement in the weaker areas identified by performance profiling, using an appropriate method (1, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>		
	<p>Unit 8: Organisation of Sports Events</p> <p>Learning Outcome 1 - Know Different Types of Sports Events and their Purpose</p> <p>1.1 - Types of events 1.2 - Purpose of sports events (1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 8: Organisation of Sports Events</p> <p>Learning Outcome 2 - Know the Different Roles and Responsibilities involved in the Planning and Delivery of Sports Events</p> <p>2.1 - Roles 2.2 - Responsibilities of each identified role (1, 3, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 8: Organisation of Sports Events</p> <p>Learning Outcome 3 – Be Able to Plan and Promote and Sports Event</p> <p>3.1 - Plan an event 3.2 - Promote an event (1, 3, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 8: Organisation of Sports Events</p> <p>Learning Outcome 4 – Be Able to Participate in the Delivery of a Sports Event</p> <p>4.1 - Delivery of an event (1, 3, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 8: Organisation of Sports Events</p> <p>Learning Outcome 4 – Be Able to Participate in the Delivery of a Sports Event</p> <p>4.1 - Delivery of an event (1, 3, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 8: Organisation of Sports Events</p> <p>Learning Outcome 5 - Be Able to Review the Planning and Delivery of a Sports Event</p> <p>5.1 - Review the planning and delivery of a sports event 5.2 - Methods to review a sports event (1, 3, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	



<p>Unit 13: Health and Fitness Testing for Sport and Exercise</p> <p>Learning Outcome 1 - Be Able to Use a Range of Fitness Tests</p> <p>1.1 - Fitness tests for different fitness components</p> <p>1.2 - Advantages/disadvantages of each identified fitness test</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 13: Health and Fitness Testing for Sport and Exercise</p> <p>Learning Outcome 2 - Be Able to Complete a Client Health and Fitness Consultation</p> <p>2.1 - Consultation methods</p> <p>2.2 - Health monitoring procedures</p> <p>2.3 - Health monitoring tests</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 13: Health and Fitness Testing for Sport and Exercise</p> <p>Learning Outcome - Be Able to Complete a Client Health and Fitness Consultation</p> <p>2.4 - Conduct a client consultation</p> <p>2.5 – Importance of screening</p> <p>(1, 2, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 13: Health and Fitness Testing for Sport and Exercise</p> <p>Learning Outcome 3 - Be Able to Plan a Fitness Testing Session</p> <p>3.1 - Plan an appropriate fitness testing session</p> <p>3.2 - Organising and planning of fitness testing activities</p> <p>(1, 2 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 13: Health and Fitness Testing for Sport and Exercise</p> <p>Learning Outcome 4 - Be Able to Deliver a Fitness Testing Session</p> <p>4.1 - Administer tests effectively</p> <p>4.2 - Sequence tests to ensure validity and reliability</p> <p>4.3 - Adapt fitness testing as appropriate</p> <p>(1, 2, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 13: Health and Fitness Testing for Sport and Exercise</p> <p>Learning Outcome 5 - Be Able to Interpret the Results of Fitness Tests and Provide Feedback</p> <p>5.1 - Interpret fitness testing results</p> <p>5.2 - Give feedback to client</p> <p>(1, 2, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>
<p>Unit 17: Sports Injuries and Rehabilitation</p> <p>Learning Outcome 1 - Know Common Sports Injuries and Their Effects</p> <p>1.1 - The definitions of chronic and acute sports injury</p> <p>1.2 - Common causes of chronic sports injuries</p> <p>1.3 - Common causes of acute sports injuries</p> <p>1.4 - The signs and symptoms of common chronic sports injuries</p> <p>1.5 - The signs and symptoms of common acute sports injuries</p>	<p>Unit 17: Sports Injuries and Rehabilitation</p> <p>Learning Outcome 2 - Be Able to Minimise the Risk of Sports Injuries</p> <p>2.1 - Extrinsic factors that can influence the risk of injury</p> <p>2.2 - Intrinsic factors that can influence the risk of injury</p> <p>2.3 - Steps that can be taken to minimise the risk of sports injuries</p> <p>2.4 - Safety measures which are intrinsic to sport</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals:</p>	<p>Unit 17: Sports Injuries and Rehabilitation</p> <p>Learning Outcome 3 - Be Able to Respond to Acute Sports Injuries when they Occur</p> <p>3.1 - Appropriate courses of action immediately following an acute sports injury</p> <p>3.2 - Emergency action plan (EAP)</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G</p>	<p>Unit 17: Sports Injuries and Rehabilitation</p> <p>Learning Outcome 4 - Know the Role of Different Agencies in the Treatment and Rehabilitation of Sports Injuries</p> <p>4.1 - The different agencies and professionals that could be involved in the treatment of sports injuries</p> <p>4.2 - The way in which each of the identified agencies or professionals could support rehabilitation from sports injury</p> <p>4.3 - Under what circumstances an injured</p>	<p>Unit 17: Sports Injuries and Rehabilitation</p> <p>Learning Outcome 5 - Be Able to Plan a Rehabilitation Programme for a Specific Sports Injury</p> <p>5.1 - The different types of treatment that can be used to support rehabilitation from sports injury</p> <p>5.2 - The physiological response to each of the rehabilitation techniques identified</p> <p>5.3 - The indications for and against each identified treatment for a range of common sports injuries</p>	<p>Unit 17: Sports Injuries and Rehabilitation</p> <p>Learning Outcome 5 - Be Able to Plan a Rehabilitation Programme for a Specific Sports Injury</p> <p>5.5 - Different phases of treatment</p> <p>5.6 - Exercises that can be used as part of a rehabilitation programme</p> <p>5.7 - 'Client-based' factors when planning a sports injury rehabilitation programme</p> <p>5.8 - Assessing the needs of a client</p>

<p>1.4 - Possible psychological effects of suffering a sports injury</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Tests used to inform APs.</p>	<p>person might seek out external help</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>5.4 - Different grades of muscle injury</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>(1, 2, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	
<p>Unit 19: Sport and Exercise Psychology</p> <p>Learning Outcome 1 - Know the Different Factors that Affect Motivation for Sport and Exercise</p> <p>1.1 - Types of motivation</p> <p>1.2 - Goal setting</p> <p>1.3 - Differences in motivation between general participation compared to elite performers</p> <p>1.4 - Differences in goals between general participation compared to elite performers</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 19: Sport and Exercise Psychology</p> <p>Learning Outcome 2 - Understand Attribution Theory in Relation to Sport and Exercise</p> <p>2.1 - Weiner's model of attribution</p> <p>2.2 - The effect of different attributions on sport and exercise performance</p> <p>2.3 - Attribution retaining</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 19: Sport and Exercise Psychology</p> <p>Learning Outcome 3 - Understand the Effects of Stress, Anxiety and Arousal in Sport and Exercise</p> <p>3.1 - Stress</p> <p>3.2 - Anxiety</p> <p>3.3 - Arousal</p> <p>3.4 - Methods of controlling stress, anxiety and arousal</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 19: Sport and Exercise Psychology</p> <p>Learning Outcome 4 - Understand the Importance of Group Dynamics in Team Sports and Group Exercise</p> <p>4.1 - Stages of group development</p> <p>4.2 - Cohesion</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 19: Sport and Exercise Psychology</p> <p>Learning Outcome 4 - Understand the Importance of Group Dynamics in Team Sports and Group Exercise</p> <p>4.3 - Steiner's model of group effectiveness</p> <p>4.4 - Methods for improving team cohesion (task and social)</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 19: Sport and Exercise Psychology</p> <p>Learning Outcome 5 - Understand the Psychological Impact of Sport and Exercise on Mental Health and Wellbeing</p> <p>5.1 - Impact of sport and exercise on mental health</p> <p>5.2 - Use of exercise to treat certain psychosomatic illnesses</p> <p>5.3 - Different psychological impacts of sport and exercise for elite performers and general participants</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	

<p>Year 13</p> <p>A Level PE</p> <p>Exam Board: OCR</p>	<p>Component 2: Psychological Factors Affecting Sports Performance</p> <p>2.1 - Skill Acquisition</p> <p>Transfer of skills</p> <p>Stages of learning</p> <p>Guidance</p> <p>Feedback</p> <p>Memory models</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Component 4: Performance in Physical Education</p> <p>Non Examination Assessment (NEA) material</p> <p>Practice and perfection of NEA in preparation for final assessment and moderation</p> <ul style="list-style-type: none"> • Performance or coaching • Evaluation and Analysis of Performance for Improvement (EAPI) <p>(1, 2, 3, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Component 4: Performance in Physical Education</p> <p>Non Examination Assessment (NEA) material</p> <p>Practice and perfection of NEA in preparation for final assessment and moderation</p> <ul style="list-style-type: none"> • Performance or coaching • Evaluation and Analysis of Performance for Improvement (EAPI) <p>(1, 2, 3, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Component 4: Performance in Physical Education</p> <p>Non Examination Assessment (NEA) material</p> <p>Practice and perfection of NEA in preparation for final assessment and moderation</p> <ul style="list-style-type: none"> • Performance or coaching • Evaluation and Analysis of Performance for Improvement (EAPI) <p>(1, 2, 3, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Component 1: Physiological Factors Affecting Sports Performance</p> <p>Component 2: Psychological Factors Affecting Sports Performance</p> <p>Component 3: Socio-cultural Issues in Physical Activity and Sport</p> <p>A Level Physical Education Revision of all content covered in preparation for final exam.</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Interim Testing: Used to inform the assessment points (APs) during the year – Includes mock exams.</p> <p>Final A Level PE Exams: Students to sit exams on components 1, 2 and 3 in the summer exam series at the end of year 13.</p> <p>Practical Performance: Students will be assessed on their performance in 1 sport (performing or coaching). They will be assessed throughout the course with their final grade being externally moderated.</p> <p>(1, 2, 3, 4 & 5)</p> <p>Evaluation and Analysis of Performance for Improvement (EAPI): Students will demonstrate their ability to analyse and evaluate their own practical performance for improvement. This will be assessed by means of a verbal presentation. This will be recorded and marked by their teacher with a sample of work being externally moderated.</p>
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<p>Component 3: Socio-cultural Issues in Physical Activity and Sport</p> <p>3.1 - Sport and Society</p> <p>Emergence and evolution of modern sport</p> <p>Global sporting events</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Component 3: Socio-cultural Issues in Physical Activity and Sport</p> <p>3.2 - Contemporary Issues in Physical Activity and sport</p> <p>Ethics and deviance in sport</p> <p>Commercialisation and the media</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Component 3: Socio-cultural Issues in Physical Activity and Sport</p> <p>3.2 - Contemporary Issues in Physical Activity and sport</p> <p>Routes to sporting excellence in the UK</p> <p>Modern technology in sport - its impact on elite level sport, participation, fair outcomes and entertainment</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Component 4: Performance in Physical Education</p> <p>Non Examination Assessment (NEA) material</p> <p>Practice and perfection of NEA in preparation for final assessment and moderation</p> <ul style="list-style-type: none"> Performance or coaching Evaluation and Analysis of Performance for Improvement (EAPI) <p>(1, 2, 3, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Component 1: Physiological Factors Affecting Sports Performance</p> <p>Component 2: Psychological Factors Affecting Sports Performance</p> <p>Component 3: Socio-cultural Issues in Physical Activity and Sport</p> <p>A Level Physical Education Revision of all content covered in preparation for final exam.</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	
<p>Component 4: Performance in Physical Education</p> <p>Non Examination Assessment (NEA) material</p> <p>Practice and perfection of NEA in preparation for final assessment and moderation</p> <ul style="list-style-type: none"> Performance or coaching Evaluation and Analysis of Performance for Improvement (EAPI) <p>(1, 2, 3, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test</p>	<p>Component 4: Performance in Physical Education</p> <p>Non Examination Assessment (NEA) material</p> <p>Practice and perfection of NEA in preparation for final assessment and moderation</p> <ul style="list-style-type: none"> Performance or coaching Evaluation and Analysis of Performance for Improvement (EAPI) <p>(1, 2, 3, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test</p>	<p>Component 4: Performance in Physical Education</p> <p>Non Examination Assessment (NEA) material</p> <p>Practice and perfection of NEA in preparation for final assessment and moderation</p> <ul style="list-style-type: none"> Performance or coaching Evaluation and Analysis of Performance for Improvement (EAPI) <p>(1, 2, 3, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals:</p>	<p>Component 4: Performance in Physical Education</p> <p>Non Examination Assessment (NEA) material</p> <p>Practice and perfection of NEA in preparation for final assessment and moderation</p> <ul style="list-style-type: none"> Performance or coaching Evaluation and Analysis of Performance for Improvement (EAPI) <p>(1, 2, 3, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals:</p>	<p>Component 1: Physiological Factors Affecting Sports Performance</p> <p>Component 2: Psychological Factors Affecting Sports Performance</p> <p>Component 3: Socio-cultural Issues in Physical Activity and Sport</p> <p>A Level Physical Education Revision of all content covered in preparation for final exam.</p> <p>(1 & 5)</p>	

	1 lesson for review of test/G4G Tests used to inform APs.	1 lesson for review of test/G4G Tests used to inform APs.	1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.		
Year 13 Level 2 Cambridge Technical in Sport and Physical Activity Exam Board: OCR	Unit 6: Components and Principles of Fitness Training for Sport and Physical Activity Learning Outcome 1 - Know the Components of Fitness 1.1 - Skill related fitness 1.2 - Physical fitness (1, 2 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	Unit 6: Components and Principles of Fitness Training for Sport and Physical Activity Learning Outcome 2 - Be Able to Analyse the Use of Different Components of Fitness in a Range of Sports and Physical Activities 2.1 - Characteristics of different types of sports and physical activities 2.2 - Impact of activity characteristics on the use of different components of fitness 2.3 - Assess the use of different components of fitness in sports and physical activities based on their characteristics (1, 2 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	Unit 6: Components and Principles of Fitness Training for Sport and Physical Activity Learning Outcome 3 - Be Able to Identify Training Methods for Components of Fitness 3.1 - Aerobic endurance training 3.2 - Flexibility training – can also improve agility, balance and coordination 3.3 - Muscular endurance training (1, 2 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	Unit 6: Components and Principles of Fitness Training for Sport and Physical Activity Learning Outcome 3 - Be Able to Identify Training Methods for Components of Fitness 3.4 - Speed training - can also improve agility and reaction time 3.5 - Strength training - can also improve balance and coordination 3.6 - Power training - can also improve agility and reaction time 3.7 - Cross training (1, 2 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	Unit 6: Components and Principles of Fitness Training for Sport and Physical Activity Learning Outcome 4 - Be Able to Apply the Principles of Training when Selecting Training Methods for Participants in Sport and Physical Activity 4.1 - Principles of training and their application (1, 2 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs		Interim Testing: Used to inform the assessment points (APs) during the year. Ongoing Coursework: Student tracking will also be used to inform the school-wide assessment points (APs) during the academic year.

	<p style="text-align: center;">Unit 7: Practical Sport</p> <p>Learning Outcome 1 - Be Able to Apply Techniques and Tactics in an Individual Sport</p> <p>1.1 - Performance of techniques</p> <p>1.2 - Use of tactics and strategies/compositional ideas</p> <p>1.3 - Decision making during practices and performance</p> <p>1.4 - Ability to manage own performance</p> <p>1.5 - Practical situations</p> <p style="text-align: center;">(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p style="text-align: center;">Unit 7: Practical Sport</p> <p>Learning Outcome 2 - Be Able to Apply Techniques and Tactics in a Team Sport</p> <p>2.1 - Performance of techniques</p> <p>2.2 - Use of tactics and strategies/compositional ideas</p> <p>2.3 - Decision making during practices and performance</p> <p>2.4 - Ability to manage own performance</p> <p>2.5 - Awareness of role/contribution to team</p> <p>2.6 - Practical situations</p> <p style="text-align: center;">(1, 2, 3 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p style="text-align: center;">Unit 7: Practical Sport</p> <p>Learning Outcome 3 - Be Able to Officiate in a Sport or Physical Activities</p> <p>3.1 - To undertake the role of an official in an individual or team activity</p> <p>3.2 - To apply rules and regulation relevant to the sport, activity or role</p> <p>3.3 - To communicate effectively</p> <p>3.4 - To maintain position whilst officiating</p> <p style="text-align: center;">(1, 2, 4 & 5)</p> <p style="text-align: center;">Unit 5: Customer Service in Sport and Physical Activity</p> <p>Learning Outcome 1 - Understand What Customer Service Involves and its Importance to Sport and Physical Activity Providers</p> <p>1.1 - Definition of customer service</p> <p>1.2 - Different situations in which customer service is provided</p> <p>1.3 - Sport and physical activity environments in which customer service is delivered</p> <p>1.4 - The importance of providing excellent customer service</p> <p style="text-align: center;">(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision</p>	<p style="text-align: center;">Unit 5: Customer Service in Sport and Physical Activity</p> <p>Learning Outcome 2 - Be Able to Identify How to Improve the Customer Service Experience of those who Use Sport and Physical Activity Facilities</p> <p>2.1 - Different customer types</p> <p>2.2 - Specific needs of different customer types and how they are met by sport and physical activity providers</p> <p style="text-align: center;">(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p style="text-align: center;">Unit 5: Customer Service in Sport and Physical Activity</p> <p>Learning Outcome 3 - Be Able to Demonstrate Effective Communication and Personal Presentation Skills when Delivering Customer Service in a Sport and Physical Activity Environment</p> <p>3.1 - Components of effective communication</p> <p>3.2 - Methods of communication used in sport and physical activity environments</p> <p>3.3 - Barriers to communication</p> <p>3.4 - Elements of effective personal presentation</p> <p style="text-align: center;">(1 & 5)</p> <p>Learning Outcome 4 - Be Able to Handle Customer Complaints Effectively</p> <p>4.1 - Stages of handling a complaint effectively</p> <p style="text-align: center;">(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>		
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			1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.				
	Unit 8: Assisting Sports Coaching Learning Outcome 1 - Be Able to Support the Lead Coach in Ensuring the Health and Safety of Participants within a Sporting Environment 1.1 - Risk assessment 1.2 - Health and safety guidelines of specific sports 1.3 - Safeguarding and duty of care (1, 2, 4 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	Unit 8: Assisting Sports Coaching Learning Outcome 2 - Be Able to Select and Implement a Sports Coaching Activity Plan 2.1 - Coaching activity plan 2.2 - Choosing a plan (1, 2, 4 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	Unit 8: Assisting Sports Coaching Learning Outcome 3 - Be Able to Teach Sports Skills to Participants 3.1 - Teaching methods 3.2 - Skills (1, 2, 4 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	Unit 8: Assisting Sports Coaching Learning Outcome 4 - Be Able to Assist the Delivery of an Inclusive Sports Coaching Session 4.1 - Set up the coaching area(s) 4.2 - Delivering coaching activities within a sports coaching session 4.3 - Support the conclusion of a sports coaching session (1, 2, 4 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.	Unit 8: Assisting Sports Coaching Learning Outcome 5 - Be Able to Assist in the Review of a Sports Coaching Session 5.1 – Review of own performance during sports coaching session (1, 2, 4 & 5) Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.		
Year 13 Level 3 Cambridge Technicals in Sport and Physical Activity Exam Board: OCR	Unit 5: Performance Analysis in Sport and Exercise Learning Outcome 1 - Understand Performance Profiling 1.1 - What is performance profiling? 1.2 - The main objective of performance profiling 1.3 - The performance profiling process (1 & 5)	Unit 5: Performance Analysis in Sport and Exercise Learning Outcome 1 - Understand Performance Profiling 1.4 - Why and how the performance profiling process may be adapted 1.5 - Different methods of recording performance profiling results 1.5 - The ways in which focus areas that are identified by performance profiling might be improved upon	Unit 5: Performance Analysis in Sport and Exercise Learning Outcome 2 - Be Able to Carry Out Performance Profiling 2.1 - To carry out a personal performance profiling exercise for a sport of their choice 2.2 - To carry out a performance profiling exercise for another person by rating their level of achievement for	Unit 5: Performance Analysis in Sport and Exercise Learning Outcome 3 - Be Able to Analyse Performance 3.1 - What 'analysis of performance' is and the importance in improving performance 3.2 - Methods that can be used to analyse sports performance	Unit 5: Performance Analysis in Sport and Exercise Learning Outcome 3 - Be Able to Analyse Performance 3.4 - To match the most appropriate methods of analysis to a variety of given sports and situations 3.5 - Use of different methods to analyse sports performance		Interim Testing: Used to inform the assessment points (APs) during the year. Ongoing Coursework: Student tracking will also be used to inform the school-wide assessment points (APs) during the academic year.

<p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>the identified characteristics of their chosen sport</p> <p>2.3 - To display performance profiling results in a range of different ways</p> <p>2.4 – To plan for improvement in the weaker areas identified by performance profiling, using an appropriate method</p> <p>(1, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>3.3 - Pros and cons of different methods of performance analysis</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>3.6 - To analyse different types of sports performance</p> <p>(1 & 5)</p> <p>Learning Outcome 4 - Be Able to Give Feedback on Sports Performance</p> <p>4.1 - Selection and use of appropriate feedback methods for a range of sporting situations</p> <p>(1, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	
<p>Unit 8: Organisation of Sports Events</p> <p>Learning Outcome 1 - Know Different Types of Sports Events and their Purpose</p> <p>1.1 - Types of events</p> <p>1.2 - Purpose of sports events</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 8: Organisation of Sports Events</p> <p>Learning Outcome 2 - Know the Different Roles and Responsibilities involved in the Planning and Delivery of Sports Events</p> <p>2.1 - Roles</p> <p>2.2 - Responsibilities of each identified role</p> <p>(1, 3, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 8: Organisation of Sports Events</p> <p>Learning Outcome 3 – Be Able to Plan and Promote and Sports Event</p> <p>3.1 - Plan an event</p> <p>3.2 - Promote an event</p> <p>(1, 3, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 8: Organisation of Sports Events</p> <p>Learning Outcome 4 – Be Able to Participate in the Delivery of a Sports Event</p> <p>4.1 - Delivery of an event</p> <p>(1, 3, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 8: Organisation of Sports Events</p> <p>Learning Outcome 5 - Be Able to Review the Planning and Delivery of a Sports Event</p> <p>5.1 - Review the planning and delivery of a sports event</p> <p>5.2 - Methods to review a sports event</p> <p>(1, 3, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test</p>	

					1 lesson for review of test/G4G Tests used to inform APs.	
	<p>Unit 13: Health and Fitness Testing for Sport and Exercise</p> <p>Learning Outcome 1 - Be Able to Use a Range of Fitness Tests</p> <p>1.1 - Fitness tests for different fitness components</p> <p>1.2 - Advantages/disadvantages of each identified fitness test</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 13: Health and Fitness Testing for Sport and Exercise</p> <p>Learning Outcome 2 - Be Able to Complete a Client Health and Fitness Consultation</p> <p>2.1 - Consultation methods</p> <p>2.2 - Health monitoring procedures</p> <p>2.3 - Health monitoring tests</p> <p>2.4 - Conduct a client consultation</p> <p>2.5 – Importance of screening</p> <p>(1, 2, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 13: Health and Fitness Testing for Sport and Exercise</p> <p>Learning Outcome 3 - Be Able to Plan a Fitness Testing Session</p> <p>3.1 - Plan an appropriate fitness testing session</p> <p>3.2 - Organising and planning of fitness testing activities</p> <p>(1, 2, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 13: Health and Fitness Testing for Sport and Exercise</p> <p>Learning Outcome 4 - Be Able to Deliver a Fitness Testing Session</p> <p>4.1 - Administer tests effectively</p> <p>4.2 - Sequence tests to ensure validity and reliability</p> <p>4.3 - Adapt fitness testing as appropriate</p> <p>(1, 2, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 13: Health and Fitness Testing for Sport and Exercise</p> <p>Learning Outcome 5 - Be Able to Interpret the Results of Fitness Tests and Provide Feedback</p> <p>5.1 - Interpret fitness testing results</p> <p>5.2 - Give feedback to client</p> <p>(1, 2, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	

<p>Unit 17: Sports Injuries and Rehabilitation</p> <p>Learning Outcome 1 - Know Common Sports Injuries and Their Effects</p> <p>1.1 - The definitions of chronic and acute sports injury</p> <p>1.2 - Common causes of chronic sports injuries</p> <p>1.3 - Common causes of acute sports injuries</p> <p>1.4 - The signs and symptoms of common chronic sports injuries</p> <p>1.5 - The signs and symptoms of common acute sports injuries</p> <p>1.6 - Possible psychological effects of suffering a sports injury</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 17: Sports Injuries and Rehabilitation</p> <p>Learning Outcome 2 - Be Able to Minimise the Risk of Sports Injuries</p> <p>2.1 - Extrinsic factors that can influence the risk of injury</p> <p>2.2 - Intrinsic factors that can influence the risk of injury</p> <p>2.3 - Steps that can be taken to minimise the risk of sports injuries</p> <p>2.4 - Safety measures which are intrinsic to sport</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 17: Sports Injuries and Rehabilitation</p> <p>Learning Outcome 3 - Be Able to Respond to Acute Sports Injuries when they Occur</p> <p>3.1 - Appropriate courses of action immediately following an acute sports injury</p> <p>3.2 - Emergency action plan (EAP)</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 17: Sports Injuries and Rehabilitation</p> <p>Learning Outcome 4 - Know the Role of Different Agencies in the Treatment and Rehabilitation of Sports Injuries</p> <p>4.1 - The different agencies and professionals that could be involved in the treatment of sports injuries</p> <p>4.2 - The way in which each of the identified agencies or professionals could support rehabilitation from sports injury</p> <p>4.3 – Under what circumstances an injured person might seek out external help</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 17: Sports Injuries and Rehabilitation</p> <p>Learning Outcome 5 - Be Able to Plan a Rehabilitation Programme for a Specific Sports Injury</p> <p>5.1 - The different types of treatment that can be used to support rehabilitation from sports injury</p> <p>5.2 - The physiological response to each of the rehabilitation techniques identified</p> <p>5.3 - The indications for and against each identified treatment for a range of common sports injuries</p> <p>5.4 - Different grades of muscle injury</p> <p>5.5 - Different phases of treatment</p> <p>5.6 - Exercises that can be used as part of a rehabilitation programme</p> <p>5.7 - ‘Client-based’ factors when planning a sports injury rehabilitation programme</p> <p>5.8 - Assessing the needs of a client</p> <p>(1, 2, 4 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G</p>	
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					Tests used to inform APs.		
	<p>Unit 19: Sport and Exercise Psychology</p> <p>Learning Outcome 1 - Know the Different Factors that Affect Motivation for Sport and Exercise</p> <p>1.1 - Types of motivation</p> <p>1.2 - Goal setting</p> <p>1.3 - Differences in motivation between general participation compared to elite performers</p> <p>1.4 - Differences in goals between general participation compared to elite performers</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 19: Sport and Exercise Psychology</p> <p>Learning Outcome 2 - Understand Attribution Theory in Relation to Sport and Exercise</p> <p>2.1 - Weiner's model of attribution</p> <p>2.2 - The effect of different attributions on sport and exercise performance</p> <p>2.3 - Attribution retaining</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 19: Sport and Exercise Psychology</p> <p>Learning Outcome 3 - Understand the Effects of Stress, Anxiety and Arousal in Sport and Exercise</p> <p>3.1 - Stress</p> <p>3.2 - Anxiety</p> <p>3.3 - Arousal</p> <p>3.4 - Methods of controlling stress, anxiety and arousal</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 19: Sport and Exercise Psychology</p> <p>Learning Outcome 4 - Understand the Importance of Group Dynamics in Team Sports and Group Exercise</p> <p>4.1 - Stages of group development</p> <p>4.2 - Cohesion</p> <p>4.3 - Steiner's model of group effectiveness</p> <p>4.4 - Methods for improving team cohesion (task and social)</p> <p>(1 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs.</p>	<p>Unit 19: Sport and Exercise Psychology</p> <p>Learning Outcome 5 - Understand the Psychological Impact of Sport and Exercise on Mental Health and Wellbeing</p> <p>5.1 - Impact of sport and exercise on mental health</p> <p>5.2 - Use of exercise to treat certain psychosomatic illnesses</p> <p>5.3 - Different psychological impacts of sport and exercise for elite performers and general participants</p> <p>(1, 2 & 5)</p> <p>Interim testing to be carried out at regular intervals: 1 lesson for revision 1 lesson for end of topic test 1 lesson for review of test/G4G Tests used to inform APs..</p>		