

Westbourne Academy Curriculum Planning Document

Subject: BTEC PE Year: 10



Timescale	Autumn Term	Spring Term	Summer Term
Link to KS3 and previous learning:	Relevant components of fitness referred to in each sport across Yr 7 curriculum. Associated fitness tests related to the fitness component in each sport referred to across Yr 8 curriculum. Associated training method related to the fitness component for each sport referred to across Yr 9 curriculum. Homework across KS3.		
Unit Title:	Unit 1; Fitness for Sport and Exercise (Onscreen Exam)		
Key learning aims:	Learning aim A: Know about the components of fitness and the principles of training Learning aim B: Explore different fitness training methods Learning aim C: Investigate fitness testing to determine fitness levels		
Key knowledge/terminology:	Fitness components, Fitness tests, Test Protocols, Reliability, Validity, Practicality, Interpretation of test results, Principles of Training (<i>Specificity, Progressive Overload, Adaptation, Reversibility, Variation, Frequency, Intensity, Time, Type</i>), Individual needs, Rest, Recovery, Methods of Training (<i>Continuous, Fartlek, Circuit, Weight, Flexibility, Plyometrics, Interval, Speed</i>).		
Unit Title:	Unit 2; Practical Performance in Sport (Two Sports)		
Key learning aims:	Learning aim A: Understand the rules, regulations and scoring systems for selected sports Learning aim B: Practically demonstrate skills, techniques and tactics in selected sports Learning aim C: Be able to review sports performance		
Key knowledge/terminology:	Rules, Regulations, Scoring Systems, Roles, Responsibilities of Officials, Technical demands, Tactical demands, Isolated practices, Conditioned practices, Strengths, Weaknesses, Activities to Improve Performance.		
Assessment (methods to assess)	Assessment for Learning, Mock Tasks (<i>formative feedback</i>), PREs, Homework, Assignments (<i>summative feedback</i>), Re-submissions,		
Interventions to maintain progress:	PiXL marking feedback, Texts to parents, Detentions, Catch-up after school, Withdrawal from Core PE, PREs, Onscreen exam resit, Re-submissions.		

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Timescale	Autumn Term	Spring Term	Summer Term
Link to previous learning:	A Fitness unit is delivered to the girls when in Year 9 and to the whole cohort as part of their Yr 10 PE core PE lessons. In association with the School Games programme, throughout KS3 there are formal and informal leadership opportunities provided to the students. In the Spring term of Yr 9 a discrete leadership unit is delivered to selected and invited students as a result of the potential leadership skills they have shown during KS3.		
Unit Title:	Unit 3; Applying the Principles of Personal Training		
Key learning aims:	<p>Learning aim A: Design a personal fitness training programme</p> <p>Learning aim B: Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training</p> <p>Learning aim C: Implement a self-designed personal fitness training programme to achieve own goals and objectives</p> <p>Learning aim D: Review a personal fitness training programme</p>		
Key knowledge/terminology:	Personal information to aid training programme design, Goal setting, attitudes to training, PARQ, safe programme design, application of training methods, application of principles of training, creative design, intensity, major muscles, major bones, structure/function of joints, Short term effects on Musculoskeletal system, structure of Cardiovascular system, structure of Respiratory system, Short term effects of Cardiorespiratory system, training diary, types of motivation, review of training programme.		
Unit Title:	Unit 6; Leading Sports Activities		
Key learning aims:	<p>Learning aim A: Know the attributes associated with successful sports leadership</p> <p>Learning aim B: Undertake the planning and leading of sports activities</p> <p>Learning aim C: Review the planning and leading of sports activities</p>		
Key knowledge/terminology:	Attributes of a Sports leader, responsibilities of a Sports leader, planning a session, risk assessment, demonstration of attributes, review of sports leadership, SMARTER targets for development,		
Assessment (methods to assess)	Assessment for Learning, Mock Tasks (<i>formative feedback</i>), PREs, Homework, Assignments (<i>summative feedback</i>), Re-submissions,		
Interventions to maintain progress:	PiXL marking feedback, Texts to parents, Detentions, Catch-up after school, Withdrawal from Core PE, PREs, Onscreen exam resit, Re-submissions.		

