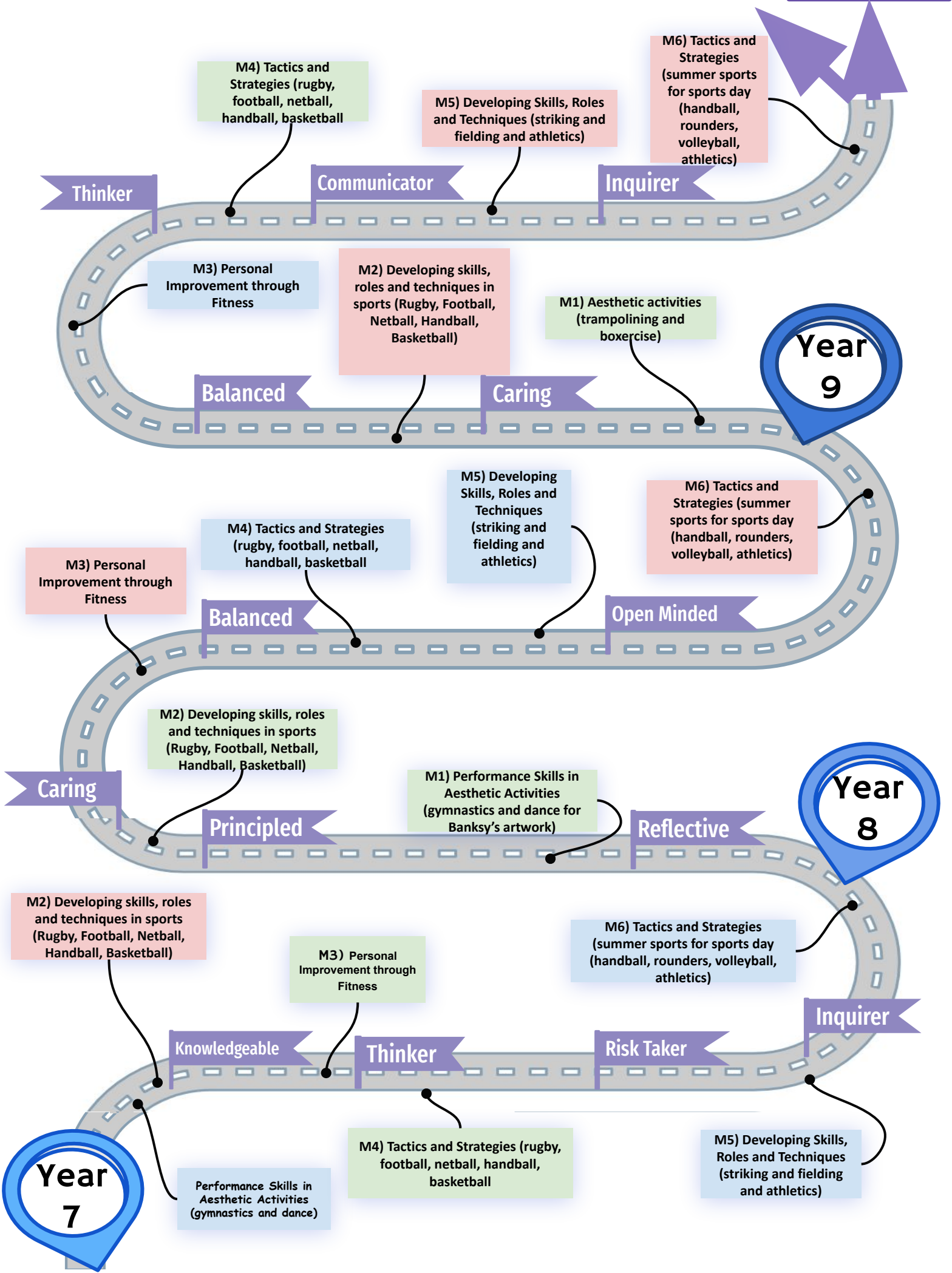
KS3 MYP journey

KS4 BTEC Tech Award

Core PE KS4



KS4 Core PE Journey

Lifelong participants in sport

Module 4: Developing leadership within sport sport choice 2

Module 5: Utilising ATL skills to beat opponents (summer sports) choice 1

Module 6: Utilising ATL skills to beat opponents (summer sports) choice 2

Thinker

Communicator

Inquirer

Module 3: Developing leadership within sport choice 1

Module 2: Personal training / improvement within sport choice 2

Module 1: Personal training / improvement within sport choice 1

Balanced

Caring

Year 11

Module 5: Utilising ATL skills to beat opponents (summer sports) choice 1

Module 6: Utilising ATL skills to beat opponents (summer sports) choice 2

Balanced

Open Minded

Module 4: Developing leadership within sport sport choice 2

Caring

Principled

Reflective

Module 1: Personal training / improvement within sport choice 1

Module 3: Developing leadership within sport sport choice 1

Inquirer

Knowledgeable

Thinker

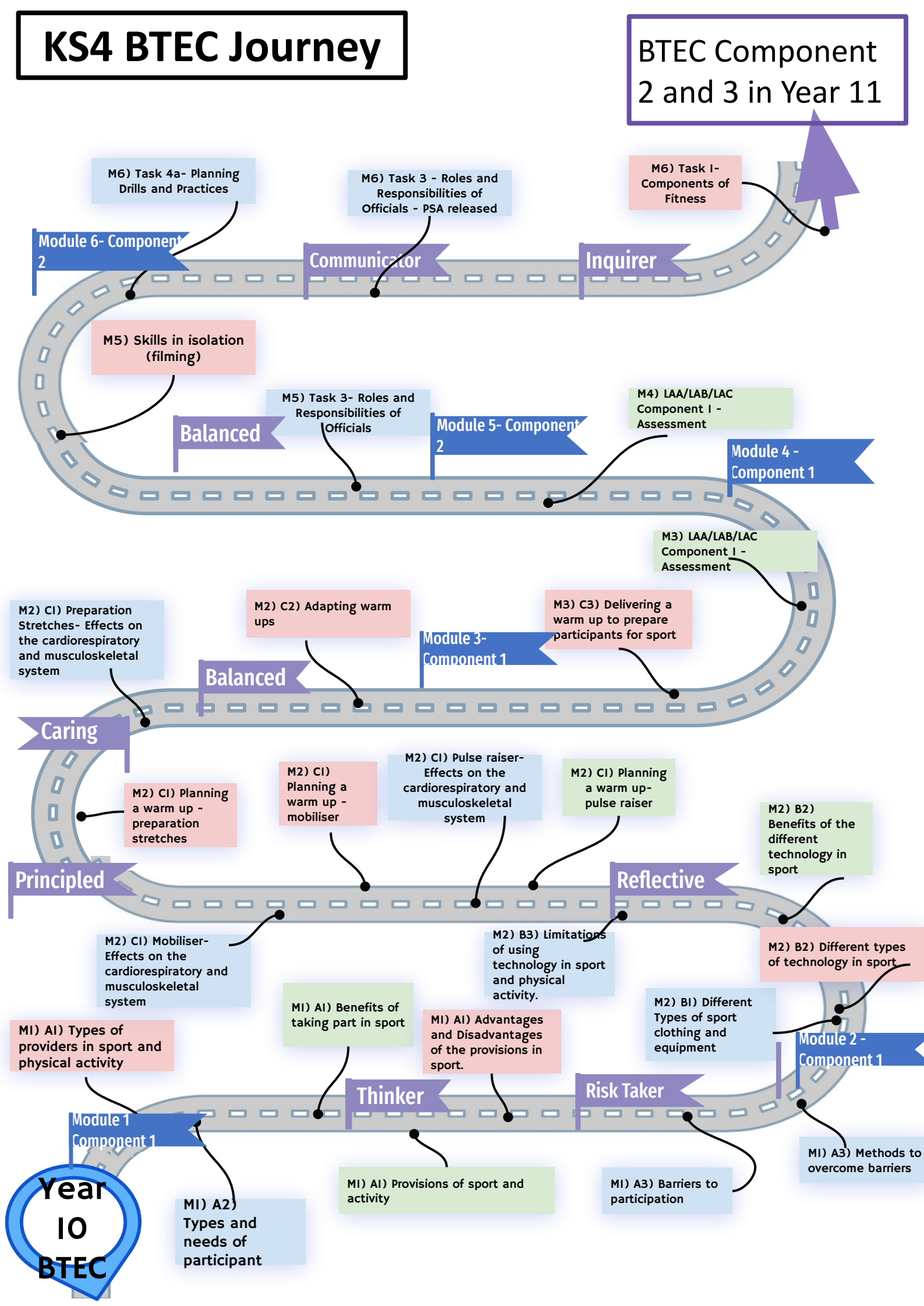
Risk Taker

Module 2: Personal training / improvement within sport choice 2

Year 10

KS4 BTEC Journey

BTEC Component 2 and 3 in Year 11



KS4 BTEC Journey

Lifelong participants in sport

Year 11 BTEC

- M1) Leading a sports session and recording of skills in a competitive scenario
- Knowledgeable
- Thinker
- M2) Components of fitness impact on performers
- Risk Taker
- Inquirer
- M2) FITT principles and additional principle of training
- M2) Pre-test procedures and intensity measures
- Reflective
- M2) Test procedures
- M3) Training methods (practical)
- Principled
- M3) Types of provision
- M3) Adaptations to body systems
- Caring
- M4) Aims and objectives for a training programme
- Balanced
- M4) Applying FITT principles to a training programme
- Open Minded
- M4) Types of motivation
- M4) SMARTER targets
- Caring
- M4) Motivation in sport
- Balanced
- M4) Targeted revision
- Thinker
- M5) Revision for mock exam
- Communicator
- M5) Mock exam papers
- Inquirer
- M5) Exam

KS5 BTEC Journey

Lifelong participants of sport

Unit 2 exam

M3) Reviewing interview processes and recommendations for improvement

M5) Exam practise papers

Module 3 - Unit 3

Module 4 - Unit 1 / 2 resits

Inquirer

Module 5 - Unit 1 / 2 resits

M2) Applying FITT and additional principles of training

M1) Healthy balanced diet and supplements required for specific individuals

M1) Identifying negative lifestyle factors and making recommendations for change

Balanced

M1) Training programme recommendations

Communicator

Module 4 - Component 1

Module 5- Component 2

M2) Creating a training programme

M1) Lifestyle factors which affect a healthy lifestyle

Year 13 BTEC

M6) Researching jobs in the sports industry

M6) Skills audit for job application

M6) Job search and interview for chosen career

Balanced

Module 6 - Unit 3

M5) Unit 5 practise papers

M5) Effects of exercise on energy systems

M4) Effects of exercise on the cardiovascular system

M3) Effects of exercise on the muscular system

Module 5 - Unit 1

Module 4 - Unit 1

Principled

Reflective

M5) Unit 5 exam

M4) Effects of exercise on the respiratory system

M3) Effects of exercise on the skeletal system

M1) Selecting appropriate fitness tests for a client

M1) Ethical considerations for fitness testing

Module 3 - Unit 1

Module 2 - Unit 5

Thinker

Risk Taker

Module 1 - Unit 5

M2) Reflection of results and testing procedures

Year 12 BTEC

M1) Validity, reliability, suitability and practicality of fitness testing

M1) Pretest and during test procedures

M2) Fitness testing and analysis of results