## Physical Education Curriculum 2021/22

## Exam courses

Year	Exam Board & Specification	Half Term 1 - Early Autumn (AWA)	Half Term 2 - Late Autumn (AWB)	Half Term 3 - Early Spring (AWC)	Half Term 4 - Late Spring (AWD)	Half Term 5 - Early Summer (AWE)	Half Term 6 - Late Summer (AWF)
Year 10	GCSE PE (OCR)	<u>1.1 Applied Anatomy</u> <u>and Physiology</u> <u>1.2 Physical Training</u>	2.1 Socio-Cultural Influences	<u>2.2 Sports</u> <u>Psychology</u> AEP (NEA)	2.3 Health, Fitness & Well-Being AEP (NEA)	<u>RECAP</u> <u>1.1 Applied</u> <u>Anatomy and</u> <u>Physiology</u> <u>1.2 Physical</u> <u>Training</u>	3.0 Performance in Physical Education AEP (NEA)
Year 10	L2 Vocational - Cambridge National Sports Science (OCR)	<u>R042 - Applying</u> <u>Principles of</u> <u>Training.</u> LO1 –principles of training in a sporting context LO2 –training methods fitness components	R042 - Applying Principles of <u>Training.</u> LO1 –principles of training in a sporting context LO2 –training methods fitness components LO3 –Conducting and leading fitness tests	R042 - Applying <u>Principles of</u> <u>Training.</u> LO1 – principles of training in a sporting context LO2 – training methods fitness components LO4 – Developing fitness training programmes	<u>R045 - Sports</u> <u>Nutrition</u> LO1 –Nutrition and diet for a healthy active lifestyle. LO2 –The importance of nutrition in sport	R045 - Sports Nutrition LO1 –Nutrition and diet for a healthy active lifestyle. LO2 –The importance of nutrition in sport LO3 –The effects of a poor diet on health , sports performance and participation	R045 - Sports Nutrition LO1 –Nutrition and diet for a healthy active lifestyle. LO2 –The importance of nutrition in sport LO4 –Develop nutrition and diet plans for performers in sport

Year 11	GCSE PE	1.1 Applied Anatomy	2.1 Socio-Cultural	1.1 Applied Anatomy	2.1 Socio-Cultural	1.1 Applied	N/A
	(OCR)	and Physiology	<u>Influences</u>	and Physiology	<u>Influences</u>	Anatomy and	
		1.2 Physical Training	2.2 Sports	1.2 Physical Training	2.2 Sports	<u>Physiology</u>	
			Psychology Psychology	Exam Preparation	Psychology Psychology	<u>1.2 Physical</u>	
			2.3 Health, Fitness &		2.3 Health, Fitness &	<u>Training</u>	
			Well-Being	3.0 Performance in	Well-Being	2.1 Socio-Cultural	
				Physical Education		<u>Influences</u>	
				AEP (NEA)		2.2 Sports	
			3.0 Performance in		<u>3.0</u>	Psychology	
			Physical Education		Performance in	<u>2.3 Health,</u>	
			AEP (NEA)		Physical Education	Fitness & Well-	
					Practical	<u>Being</u>	
					Assessment	Exam	
						Preparation	
Year 11	L2 Vocational	RO45 Sports	<u>RO43 – The body's</u>	<u>RO43 – The body's</u>	RO41: Reducing the	RO41: Reducing	N/A
	- Cambridge	Nutrition	response to physical	response to physical	risk of sports injuries	the risk of sports	
	National	LO1 balanced diet	activity	activity		<u>injuries</u>	
	Sports Science	and create a plan for	LO1 Major bones	LO3: Be able to	LO1 Extrinsic factors		
	(OCR)	an athlete	Skeletal muscles	assess the short-	that can influence	Recap LO1/LO2	
		<u>LO2</u>	Synovial joints	term effects of	the risk of injury	<u>LO3</u>	
		Importance of	Cardiovascular	physical activity on		Acute and chronic	
		nutrients	system	the Musculo-skeletal		injuries.	
		LO3Effects of a poor	LO2	and cardio-	LO2 The physical and	Types, causes and	
		diet	Understand the	respiratory systems	psychological	treatment of	
		LO4 Create a diet	importance of the	104	benefits of a warm	common sports	
		plan	Musculo-skeletal	LO4:	up.	injuries	
			and cardio-	Be able to assess the			
			respiratory systems	long-term effects of			
			in health and fitness	physical activity on			
				the Musculo-skeletal			
				and cardio-			
1				respiratory systems			

Year 12	A-Level	Applied Anatomy and	Applied Anatomy and	Applied Anatomy and	Applied Anatomy and	Applied Anatomy	Applied Anatomy
	Physical	Physiology	Physiology	Physiology	<b>Physiology</b>	and Physiology	and Physiology
	Education (OCR)	Skill Acquisition	Skill Acquisition	Skill Acquisition	Skill Acquisition	Skill Acquisition	Skill Acquisition
		Sport & Society	Sport & Society	Sport & Society	Sport & Society	Sport & Society	Sport & Society
		<u>Biomechanics</u>	<b>Biomechanics</b>	<u>Biomechanics</u>	<u>Biomechanics</u>	<b>Biomechanics</b>	<u>Biomechanics</u>
Year 12	L3 BTEC Sport	Unit 1: Anatomy and	Unit 1: Anatomy and	Unit 1: Anatomy and	Unit 1: Anatomy and		
	(Edexcel)	Physiology	Physiology	Physiology	Physiology		
						Unit 5: Application	Unit 5: Application
						to Fitness Testing	to Fitness Testing
				Unit 5: Application to Fitness Testing	Unit 5: Application to Fitness Testing	Unit 3: Professional	Unit 3: Professional
				<u>intress resting</u>	<u>intress resting</u>	Development in the	Development in the
				<u>Exam Unit 1</u>		Sports Industry	Sports Industry
							Exam Resit Unit 1
Year 13	A-Level	Exercise & Physiology	Exercise & Physiology	Exercise & Physiology	Exercise & Physiology	Exercise &	Exercise &
1001 15	Physical	<u></u>		<u></u>	<u></u>	Physiology	Physiology
	Education	<b>Biomechanics</b>	<b>Biomechanics</b>	<b>Biomechanics</b>	<b>Biomechanics</b>		
	(OCR)					<b>Biomechanics</b>	<b>Biomechanics</b>
		Sports Psychology	Sports Psychology	Sports Psychology	Sports Psychology	Sports Dayshology	Charts Developer
		Contemporary Issues	Contemporary Issues	Contemporary Issues	Contemporary Issues	Sports Psychology	Sports Psychology
		in Physical Activity and	in Physical Activity and	in Physical Activity and	in Physical Activity and	<u>Contemporary</u>	<u>Contemporary</u>
		<u>Sport</u>	<u>Sport</u>	<u>Sport</u>	<u>Sport</u>	Issues in Physical	Issues in Physical
						Activity and Sport	Activity and Sport
Year 13	L3 BTEC Sport	Unit 2: Fitness Training	Unit 2: Fitness	Unit 2: Fitness Training	Unit 2: Fitness Training	Unit 2: Fitness	Unit 2: Fitness
Year 13	L3 BTEC Sport (Edexcel)	and Programming for	Training and	and Programming for	and Programming for	Unit 2: Fitness Training and	Unit 2: Fitness Training and
Year 13	•					Unit 2: Fitness Training and Programming for	Unit 2: Fitness
Year 13	•	and Programming for Health, Sport and Well-	Training and Programming for	and Programming for Health, Sport and	and Programming for Health, Sport and	Unit 2: Fitness Training and	Unit 2: Fitness Training and Programming for

	Unit 3: Professional Development in the Sports Industry					
			Exam Unit 2			Resit Unit 2