Higher Education / Employment / Apprenticeship					Healthy, Active, Lifestyles / Lifelong Physical Activity
	AQA A-level PE (Year 2)		BTEC Level 3 Sport (Year 2)		Core Yr13 PE
	Paper 2:	Exam / NEA	Unit 23: Internal (90 GLH)	Unit 25: Internal (60 GLH)	
			A. Investigate the nature of skilled performance B. Examine ways that sports performers process information for skilled performance C. Explore theories of teaching and learning in sport D. Carry out teaching and learning strategies for sports skills	A. Understand the development of roles & responsibilities of the officials involved in sport B. Explore the performance of officials in a selected sport C. Undertake the role of a match official in a competitive sport	
			Unit 19: Exam (120 GLH)	Unit 22: Exam (90 GLH)	
Year 13	- Applied anatomy & physiology - Sports psychology - Sport & Society	- Summer Examinations (May/Jun) - Internal NEA Assessment (Mar) - Nov / Jan Mock exams - End of topic assessments	A. Principles of Sports Development B. Wide Sports Development C. Media & Commercialisation in Sport D. Prosposal Writing	A. Features of Sports & Active Leisure Business B. Busines Models in Sport & Active Leisure C. Human Resources D. Marketing E. Finance in Sport & Active Leisure F. Trends in Sport & Active Leisure	- Invasion Sports - Net & Wall Games - Adaptive Sports - Health Related Fitness / OAA - Striking & Fielding
			Unit 9: Internal (60 GLH)		
			A. Understand the importance of research in sporting environments B. Examine key issues that impact on the effectiveness & quality of research in sport C. Apply appropriate research methods to a selected research problem in sport		
			Unit 5: Internal (60 GLH)	Unit 8: Internal (60 GLH)	
			A. Principles of fitness testing B. Fitness tests C. Evaluation and feedback on test results	A. Investigate skills, knowledge, qualities and best practice of performance coaches B. Explore practices used to develop skills, techniques and tactics C. Demonstrate effective planning of coaching for performance D. Explore the impact of coaching for performance	
	AQA A-level PE (Year 1)		BTEC Level 3 Sport (Year 1)		Core Yr12 PE
	Paper 1:	Exam / NEA	Unit 26: Internal (60 GLH)		
			A. Examine the technical & tactical components of sport that contribute to performance B. Investigate methods to measure technical & tactical performance in sport C. Explore technical & tactical performance at different stages of the performance continuum		
			Unit 7: Internal (60 GLH)	Unit 11: Internal (60 GLH)	
Year 12	- Anatomy & Physiology - Skill Aquisition - Sport & Society	- Analysis & Evaluation (NEA) - Nov / Jan Mock Exams - End of topic assessments	A. NGB Rules / Laws & Regulations B. Skills, Techniques, Tactics required to perform C. Develop skills, techniques and tactics for sport D. Reflect on own practical performance	A. Plan a sport-based research project B. Carry out sport-based research project C. Produce a research report	- Invasion Sports - Net & Wall Games - Adaptive Sports - Health Related Fitness / OAA - Striking & Fielding
			Unit 3: Internal (60 GLH)	Unit 4: Internal (60 GLH)	
			A. Careers & Jobs in Sport B. Skills audit & development plan C. Recruitment activity D. Personal SWOT Analysis	A. Role, qualities & characteristics of sports leaders B. Psychological factors and leadership C. Effective leadership styles	
			Unit 1: Exam (120 GLH)	Unit 2: Exam (120 GLH)	
			A. Skeletal system B. Muscular System C. Respiratory System D. Neuromuscular System E. Energy Systems	A. Lifestyle Factors & Effect on Health / Wellbeing B. Screening Processes C. Nutritional Needs D. Training Methods E. Training Programme Design	
	AQA GCSE Physical Education		WJEC Sport & Coaching Principles		Core Yr11 PE
	Topics	Exam / NEA	Unit 1: Revision	Unit 3:	
Year 11	Topic 4: Sports Psychology Topic 5: Socio-cultural Influences	- Internal Practical NEA Moderation - Evaluation (NEA) - Nov / Jan Mock Exams - End of topic assessments	Revision for Jan / Jun 2026 Unit 1 Examination	3.1. Knowledge of skills & responsibilities of a coach 3.2. Understanding the coaching process 3.3. How to coach 3.4. Reviewing coaching performance	- Invasion Sports - Net & Wall Games - Trampolining - Adaptive Sports - Health Related Fitness / OAA - Striking & Fielding
	AQA GCSE Physical Education		WJEC Sport & Coaching Principles		Core Yr10 PE
	Topics	Exam / NEA	Unit 1: Fitness for Sport	Unit 2:	
Year 10	Topic 1: Anatomy & Physiology Topic 6: Health, Fitness & Wellbeing Topic 2: Movement Analysis Topic 3: Physical Training & Use of Data	- Analysis (NEA) - Nov / Jan Mock Exams - End of topic assessments	1.1. Structure & Functions of the body systems 1.2. Components of fitness 1.3. Improving fitness	2.1. Factors affecting sporting performance 2.2. Analysis of sporting performance	- Invasion Sports - Net & Wall Games - Trampolining - Adaptive Sports - Health Related Fitness / OAA - Striking & Fielding

GCSE		VOCATIONAL		CORE PE
	Focus	**Sports**	**Theory Focus**	**Assessment**
Autumn Term:	- Invasion Sports - Aesthetic Sports - Net & Wall Games	- Handball - Association Football - Netball - Badminton - Table Tennis - Trampolining - Hockey	- Health & Fitness - Participation trends	- End of sport quiz (10 marks) - End of Term assessment
Spring Term:	- Net & Wall Games - Invasion Games - Health Related Fitness - Sports Leadership	- Sports Leadership - Volleyball - Handball - Hockey - Table Tennis - Fitness	- Warm up / Cool down effects on the body - Barriers to participation	
Summer Term:	- Olympic Sports - Net & Wall Games - Striking & Fielding	- Athletics (Track & Field) - Tennis - Rounders - Softball	- End of year assessment (45 marks) - Year 9 Graduation - New GCSE PE / WJEC Sport cohort begin lessons (June onwards)	
	Focus	**Sports**	**Theory Focus**	**Assessment**
Autumn Term:	- Invasion Games - Net & Wall Games	- Rugby Union / Tag (T1) Rugby - Netball - Football - Table Tennis	- Cardiorespiratory Systems - Immediate effects of exercise	- End of sport quiz (10 marks) - End of Term assessment
Spring Term:	- Aesthetic Sports - Health Related Fitness - Outdoor & Adventurous Activities - Invasion Games	- Football - Gymnastics - Fitness Training - Team building / Orienteering	- Methods of training - Principles of training (F.I.T.T)	
Summer Term:	- Olympic Sports - Striking & Fielding - Net & Wall Games	- Athletics (Track & Field) - Paralympic Events - Rounders - Cricket - Softball - Tennis	- Barriers of participation - Lifestyle, Diet & Hydration	- End of year assessment (45 marks)
	Focus	**Sports**	**Theory Focus**	**Assessment**
Autumn Term:	- Invasion Games	- Rugby Union / Tag (T1) Rugby - Netball - Basketball - Football	- Musculoskeletal Systems - Components of a Warm up / Cool down	- End of sport quiz (10 marks) - End of Term assessment
Spring Term:	- Aesthetic Sports - Health Related Fitness - Outdoor & Adventurous Activities	- Gymnastics (Acro / Artistic) - Fitness Training & Fitness Testing - Team building / Orienteering	- Components of fitness - Fitness Testing	
Summer Term:	- Olympic Sports - Striking & Fielding - Net & Wall Games	- Athletics (Track & Field) - Paralympic Events - Rounders - Cricket - Softball - Tennis	- Motivation / Goal Setting - Health, Active lifestyles	- End of year assessment (45 marks)