STA Physical Education Journey

YEAR 13

End of Year 12 exams

Psychology Assignment C – P5, P6, M3, M4, D3

A&P Adaptations of energy systems to exercise, additional factors affecting the energy systems, revision.

Psychology Assignment C completion

Fitness Training programme design

Fitness Exam revision and feedback – Q1,2,3

Professional Development in the Sports Industry Scope and Provision of the sports industry Careers and Jobs in Sport Types of Employment

Fitness Q1,2,3

Fitness Exam revision and feedback – Q4,5,6

Professional Development in the Sports Industry Legislations in the Sport Sector Continuing Professional Development Personal Skills Audit

Fitness Q4,5,6 and full paper

A&P and Fitness Jan Exam series – revision and practice questions

Professional Development in the Sports Industry Applying for a Job Interviews Review and Evaluation

A&P and Fitness BTEC Jan Exams

Professional Development in Sports Industry Assignment A&B

A&P and Fitness For those requiring resit – revision targeted practices for exam. For those who have completed tasks, time to be used to support Unit 3 learning.

Professional Development in the Sports Industry Assignment C&D and Interviews

Professional Development in Sports Industry Assignment C&D

Summer Exam Re-sits

A&P Energy systems, ATP-PC system, aerobic system, energy system combined.

Psychology Psychological Skills Training

Fitness Training methods

Fitness 4&5 exam

Psychology Group Dynamics and Leadership Sociograms

Fitness Training Methods Practical sessions

Fitness Q3 exam

A&P Cardiovascular system, heart dissection, blood vessels, blood, nervous control, responses to exercise, adaptations to exercise.

Psychology Stress and Anxiety Self Confidence Group Cohesion

Fitness Nutritional needs and balanced diet

A&P Respiratory system, mechanisms of breathing, gaseous exchange, lung volumes and adaptations to exercise.

Psychology Arousal and Attentional Focus

Fitness Lifestyle modification techniques Data Questionnaires/ screening health monitoring

A&P Function of muscles, major muscles, antagonistic pairs, fibre types, adaptation to exercise, factors effecting the muscular system.

A&P Structure and function of skeletal system, major bones, joints, ROM, and responses to exercise.

Psychology Personality and motivation.

Psychology Assignment B (P3,P4,M2,D2)

A&P Section 1&2 **Fitness** Q2 exam

Psychology Assignment A (P1,P2,M1,M2)

A&P Section 1 assessment

YEAR 12

Assessment 2 – Assessment 1 content + -Respiratory System -Effects of Exercise -Components of Fitness

-Respiratory System -Effects of Exercise on Body Systems -Components of Fitness

-Principles of Training -Methods of Training - Warm-Ups and Cool Downs -Preventing Injury

-Fitness Testing Practical -AEP Fitness Test Write up -Revision for mock

AEP Coursework

-Engagement Patterns - Commercialisation -Golden Triangle

-Sponsorship -Ethics -Classification of skill -Goal setting -Mental preparation

GCSE Paper 1&2 Exams

GCSE Practical Exam

-Revision

-Guidance and feedback -Health, fitness and well-being -Diet and Nutrition

YEAR 11

Term 1 Perseverance (St. Columba)

Term 2 Courage (St. Aiden)

Term 3 Wisdom (St. Hilda)

Term 1 Inclusion (St. Augustine)

Term 2 Wisdom (St. Hilda)

Assessment 3 –All topics in Paper 1 – Long Answer Questions

Assessment 4 Mock Exam

Assessment 5 AEP mark /20

Assessment Y11 Mock Exam Paper 1&2 & Practical Mock

-Movement Analysis -Cardiovascular System -Muscular System -Skeletal System

Assessment 1 – Cardiovascular System Muscular System Skeletal System

Performing at maximal levels (term 5) and outwitting opponents (term 6) Analysis and Evaluation

Leading Healthy, Active, Lifestyles (term 3) & Aesthetics and outwitting opponents (terms 3&4) Analysis and Evaluation

Outwitting Opponents & Leading Healthy, Active, Lifestyles (term 2) Analysis and Evaluation

1.Football 2.Netball 3.Tag Rugby 4.Basketball

YEAR 10

Term 3 Integrity (St. Edward)

Term 2 Wisdom (St. Hilda)

Term 1 Respect (St. Grace)

1.Volleyball 2.Rounders 3.Short Tennis 4. Cricket

1.Athletics 2.Athletics 3.Athletics 4.Athletics

1.Trampolining 2.Table Tennis 3.Handball 4.Handball

1.Fitness 2.Trampolining 3.Table Tennis 4.Fitness

1.Basketball 2.Tag Rugby 3.Netball 4.Fitness

Performing at maximal levels (term 5) and outwitting opponents (term 6) Analysis and Evaluation

Leading Healthy, Active, Lifestyles & Aesthetics (term 3) and outwitting opponents (term 4) Analysis and Evaluation

Performing at maximal levels (term 5) and outwitting opponents (term 6) Analysis and Evaluation

YEAR 9

Term 1 Perseverance (St. Columba)

Term 2 Joy (St. Bede)

Term 3 Kindness (St. David)

1.Handball 2. Volleyball 3. Handball 4. Tag Rugby

1.Basketball 2.Football 3.Netball 4.Football

1.Trampolining 2.Fitness 3.Fitness 4.Gymnastics

1.Netball 2.Tchoukball 3.Badminton 4.Trampolining

1.Athletics 2.Athletics 3.Athletics 4.Athletics

1.Badminton 2.Cricket 3.Rounders 4.Softball

YEAR 8

Performing at maximal levels (term 5) and outwitting opponents (term 6) Analysis and Evaluation

Leading Healthy, Active, Lifestyles & Aesthetics (term 3) and outwitting opponents (term 4) Analysis and Evaluation

Outwitting Opponents & Analysis and Evaluation

Term 3 Courage (St. Aiden)

Term 2 Inclusion (St. Augustine)

Term 1 Curiosity (St. Felix)

1.Badminton 2.Cricket 3.Rounders 4.Softball

1.Athletics 2.Athletics 3.Athletics 4.Athletics

1.Cricket 2.Table Tennis 3.Trampolining 4.Rounders

1.Fitness 2.Trampolining 3.Fitness 4.Gymnastics

1.Football 2.Basketball 3.Football 4.Netball

1.Tag rugby 2. Handball 3. Volleyball 4.Handball

YEAR 7