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.Handball 3.Netball

YEAR 10

Term 3 Integrity (St. Edward)

Term 2 Wisdom (St. Hilda)

Term 1 Respect (St. Grace)

1.Rounders 2.Badminton 3. Cricket

1.Athletics 2.Athletics 3.Athletics

1. Basketball 2.Fitness 3.Tag-rugby

1.Basketball 2.Table Tennis 3.Football

1.Football 2.Badminton 3.Fitness

YEAR 9

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

Term 1 Perseverance (St. Columba)

Term 2 Joy (St. Bede)

Term 3 Kindness (St. David)

1.Football 2. Netball 3. Fitness

1.Handball 2.Football 3.Netball

1.Basketball 2.Table Tennis 3.Football

1.Table Tennis 2.Handball 3.Fitness

1.Athletics 2.Athletics 3.Athletics

1.Badminton 2.Cricket 3.Rounders

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

1.Athletics 2.Athletics 3.Athletics

1.Basketball 2.Football 3.Badminton

1.Football 2.Netball 3.Gymnastics

1.Football 2.Fitness 3.Netball

1.Football 2. Fitness 3. Ball-Skills

YEAR 7