

# PE & Sport Learning Journey

**Yr11**

**Final GCSE Exams**

**Yr9**

**Yr10**

**Yr7**

**Yr8**

**Applying the principles of personal training**      **Fitness for sport and exercise (EXAM)**

Components of fitness      Principles of training      Planning a 6-week training programme      My current fitness level & fitness testing

Calculating exercise intensity      Fitness testing      Methods of training      Complete a 6-week training programme      Body system and the effects of exercise      Reviewing your personal fitness plan

Practical sports performance      Skills, techniques & tactics of different sports      Scoring systems of different sports      Delivering sports leadership sessions      Skills & attributes of a good sports leader

**BTEC First Sport Unit 2: Practical Sports Performance**

**BTEC First Sport Unit 6: Leading sports activities**

Analysis of performance in practical sports      Officiating in different sports      Rules & regulations of different sports      Analysis of performance as a sports leader      Planning sports leadership sessions

Rules & regulations of different sports      Skills, techniques & tactics of different sports      Table Tennis      Tennis      Badminton      Fitness training      Fitness testing      Football      Basketball      Leadership & coaching

**Sport Transition**

**Individual sports**

**Developing health, fitness & swimming**

**Team sports**

Officiating in different sports      Practical sports performance      Rules & regulations      Officiating      Cross country      Swimming      Personal Survival      Rugby      Netball      Rules & Regulations      Officiating

Cricket      Gymnastics      Orienteering

**Striking & fielding**

**Athletics, Dance & Gymnastics**

**Outdoor & Adventurous**

Rounders      Softball      Dance      Athletics      Problem Solving

Football      Basketball      Rugby      Fitness      Cross country      Table Tennis      Tennis      Badminton

**Team Sports**

**Developing health, fitness & swimming**

**Individual sports**

Netball      Rules & Regulations      Officiating      Swimming      Personal Survival      Rules & Regulations      Officiating

