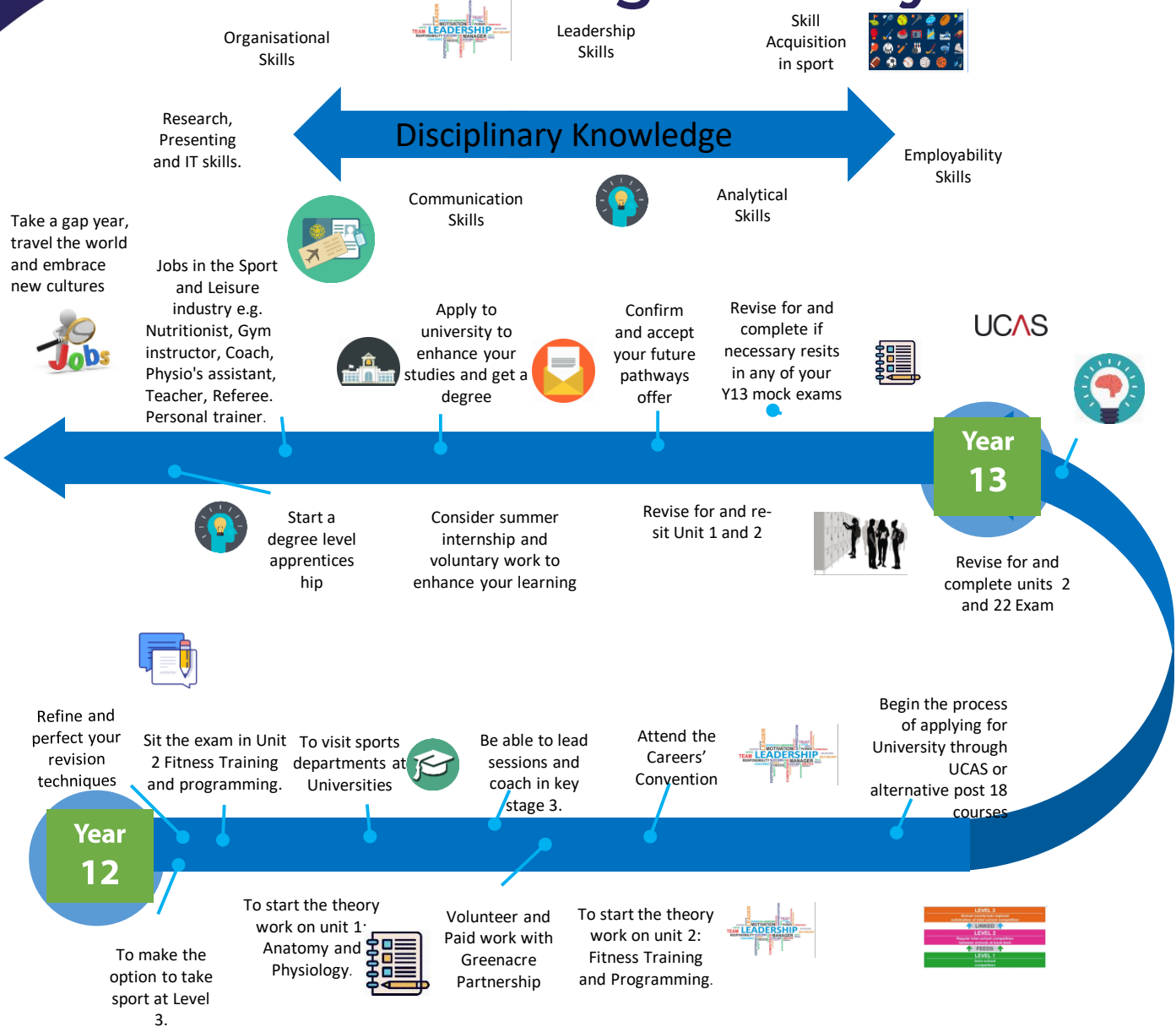


# PE Learning Journey



## BTEC Extended Certificate in Sport | BTEC National Diploma in Sport

- Units**
1. Anatomy and Physiology
  2. Fitness Training and Programming
  3. Professional Development in the sports industry
  4. Application of Fitness Testing

- Additional Units**
5. Practical Sports Performance
  6. Sports Leadership
  7. Organising Sport
  8. Application of Fitness Testing
  9. Skill Acquisition
  10. Investigating Business in sports and leisure management.

The relentless pursuit of excellence and growth

# PE Learning Journey

Commitment

Communication Skills



Leadership Skills

Leadership Skills

**Disciplinary Knowledge**

Performance Analysis

Ability to work as a team



Perseverance

To make the option to take sport at Level 3. Refine and perfect your revision techniques

**Year 12**

Externally set written examination for NCFE Externally marked (80) 40% of the course.



BTEC Tech award Component 3 examination.



BTEC Tech Award Start Component 2 Hand in date.



NCFE Unit 2: Internally assessed: synoptic project



BTEC Tech Award Start Component 2



NCFE Content area 4 : Understand the structure of a health and fitness program and how to prepare safely

Practical sport in a range of invasion games and net games.



Start NCFE sport at Level 2. Start Content Area 1 – Introduction to body systems and principles of training in health and fitness



Walking talking Mocks. After school intervention.

Attend after school clubs or intervention .

**Year 11**

NCFE Content area 2 - Understand the effects of health and fitness activities on the body

Attend SSG Competitions with the GSP in a range of different sports

**Year 10**

Be able to take Btec sport at Level ½ or NCFE Level ½

Apply cognitive skills in a range of Practices



Attend after school clubs including football, rugby, basketball, parkour, trampolining, table tennis.

Start Component 1 in BTEC Tech Award

Core PE Demonstrate relevant skills techniques and tactics effectively in competitive situations.



D of E sign up

Body systems – Structure and function of the Energy system.

Body systems –Effects of exercise on all Body systems

BTEC Class to hand in Component 1.

To lead warm ups including PNF, Passive static, active static and ballistic. Also effects of exercise on body systems.



Practice expedition

Attend Sports Days at Medway Park Sports Centre

Attend leadership academy. Lead and officiate in school games program.

Apply cognitive skills in a range of Practices. Some will be learning in a more automatic approach to your learning



Content area 3 - Understand how to apply health and fitness analyses and set goals

Attend Sports Days at Medway Park Sports Centre

**Year 8**

Attend Sports Days

Attend SSG Competitions with the GSP in a range of different sports

Lead two part warm ups naming major muscles and bones.

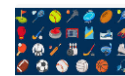


Attend Interform activities.



Competed in intra or inter sporting competitions in Key stage 3.

Inter form competitions in a range of sports.



Introduction to core sports, attend MYG Competitions with GSP (Greenacre Sports Partnership).

Attend SSG Competitions with the GSP in a range of different sports

PE Taster @ Yr6 Induction



Developed cognitive skills in invasion games net and wall games, striking and fielding games, Gymnastics



Attend after school clubs including football, rugby, basketball, parkour, trampolining, table tennis.



Learn rules and regulations for a range of sports

Understand the need for a two part warm up naming some major muscles.

Attend wake up club



Attend an enrichment program that is varied and delivered by high quality coaches some of whom are Greenacre academy staff



The relentless pursuit of excellence and growth