



KS4 BTEC Curriculum Guide

Subject: Physical Education

Subject Leader: Casandra Mckoy

Method of assessment

The course is divided into 4 units of work. 1 unit of work is externally assessed and the other 3 units of work are internally assessed. The externally assessed unit is an examination unit with a weight of 25 % (examination). The other three units of work which are internally assessed carries a weight of 75% (coursework)

Overview

	Autumn Term	Spring Term	Summer Term
Year 10	Unit 1 - Fitness for Sport and Exercise Health related and skill related fitness Principles of Training Methods of Training Fitness testing	Unit 2 - Practical Sports performance The rules, regulations and scoring system for two sports Roles and responsibilities of officials in two selected sports Techniques and tactics used in two selected sports	Unit 2 - Practical Sports performance Observation and analysis of performance for two selected sports Demonstrate skills, techniques and tactics in 3 selected sports
Year 11	UNIT 5 – Training for Personal Fitness Design a personal fitness training programme Know about exercise adherence factors and strategies for continued training success Implement a self-designed personal fitness training programme to achieve own goals and objectives Review a personal fitness training programme	UNIT 6 – Leading Sports Activities Know the attributes associated with successful sports leadership Undertake the planning and leading of sports activities Review the planning and leading of sports activities	Examination practice Examination

Text Book/Reference/Resource guide:

BTEC First Revise BTEC Sport Revision Guide

BTEC First Revise BTEC Sport Revision Workbook

BTEC Level 2 Firsts in APORT Second edition

