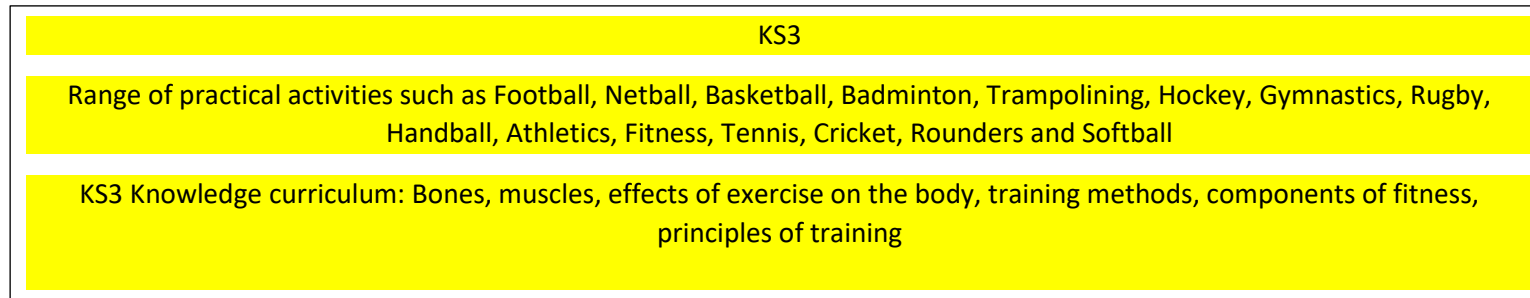


## The 7 year Journey in PE



### Option 1: KS4 BTEC LEVEL 2

Year 10

Unit 1 – Fitness for Sport and Exercise (external online exam)

Unit 2 – Practical Performance in Sport (internally assessed unit via coursework and practical assessment)

Year 11

Unit 6 – Leading Sports Activities (internally assessed unit via coursework and practical assessment)

Unit 3 – Applying the Principles of Personal Training (Internally assessed synoptic unit)

### KS4 Compulsory Core PE

Performance based pathway

Sports Leaders Level 2

Sport for Life pathway

### Option 2: KS4 GCSE PE

Subject content (60% of grade):  
Applied Anatomy and Physiology  
Movement Analysis  
Physical Training  
Use of data  
Sport Psychology  
Socio-cultural influences  
Health, fitness and well-being

Practical assessment in 3 sports (30%) Coursework (10%)

### Option 1: BTEC Level 3: National Extended Certificate in Sport

Year 1: Unit 1 – Anatomy and Physiology

Year 1: Unit 7 – Practical Sports Performance

Year 2: Unit 2 - Fitness Training and Programming for Health, Sport and Well-Being

Year 2: Unit 3 – Professional Development in the Sport Industry

### P16 Well-being Wednesday's

Sports Leaders Level 3

First Aid

Recreational sports

P16 Football Academy

### Option 2: A-Level PE

#### **Section 1 – Theory (70%)**

- Applied Anatomy and Physiology
- Skill Acquisition
- Sport and Society
- Exercise Physiology
- Biomedical Movement
- Sports Psychology
- Role of Technology

#### **Section 2 – Non-exam assessment (30%)**

- Performance in one chosen activity
- Written analysis of performance (Coursework)