



Physical training
Health and
Fitness

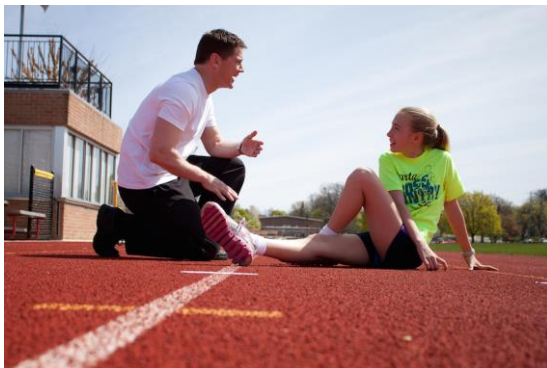
Year 10 GCSE PE

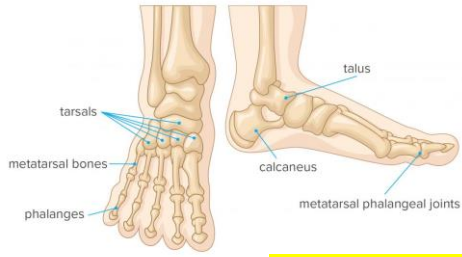
Commercialisation of sport



Sports psychology

Socio-cultural influences





Anatomy and physiology

Anaerobic and aerobic

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Movement analysis

Cardio-respiratory system



Learning outcome A: Explore types and provision of sport and physical activity for different types of participant



Learning outcome A: Understand how different components of fitness are used in different physical activities



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Component 2: Taking Part and Improving Other Participants' Sporting Performance



Component 1: Preparing Participants to Take Part in Sport and Physical Activity

Learning outcome C: Be able to prepare participants to take part in physical activity



Learning outcome B: Examine equipment and technology required for participants to use when taking part in sport and physical activity





Leadership in sport

Training programme

Year 11 BTEC PE



Fitness exam



Fitness Testing

