



SUBJECT: Physical Education

PE Key Stage 5 BTEC

	<u>Year 12 BTEC level 3 sport and exercise science</u> <u>Unit 2: Functional anatomy - external assessment/exam</u> <u>Unit 13: Nutrition for sport and exercise performance - externally assessed module</u>	<u>Year 12 BTEC level 3 sport and exercise science</u> Coursework - internally assessed.	<u>Year 13 BTEC national extended/diploma and sub diploma in Sport</u> Coursework - internally assessed.
HT1	<u>Unit 2 -</u> A - Anatomical terms, positions and references. B - Anatomy of the cardiovascular system. <u>Unit 13 -</u> A - Principles of nutrition and hydration.	<u>Unit 6 - Coaching for performance and fitness (all levels).</u>	<u>Unit 23 - Organising sports events (Ext. and diploma)</u> <u>Unit 10 - Outdoor and adventurous activities (Ext. and Diploma)</u> <u>Unit 1 - Anatomy and physiology (sub diploma only)</u>
HT2	<u>Unit 2 -</u> C - Anatomy of the respiratory system <u>Unit 13 -</u> B - Factors affecting digestion and absorption of nutrients and fluids.	<u>Unit 4 - Field and laboratory based fitness testing (all levels)</u>	<u>Unit 13 - Leadership in sport (Ext. and diploma)</u> <u>Unit 15 - Instructing physical activity and exercise (Ext. and Diploma)</u>

			<u>Unit 2</u> - The physiology of fitness (sub diploma only)
HT3	<p><u>Unit 2</u> - D- Anatomy of the skeletal system.</p> <p><u>Unit 13</u> - C - Nutritional intake for health and well-being.</p>	<u>Unit 5</u> - Applied research methods in sport and exercise science (all levels)	<p><u>Unit 26</u> - Work experience in sport (Extended only)</p> <p><u>Unit 18</u> - Sports injuries.(Ext. and Diploma)</p> <p><u>Unit 3</u> - Assessing risk (sub diploma only)</p> <p><u>Unit 6</u> - Sports development (sub diploma only)</p>
HT4	<p><u>Unit 2</u> - E - Anatomy of the muscular system.</p> <p><u>Unit 13</u> - D - Nutritional strategies for sports performance.</p>	<u>Unit 14</u> - Technology in sport and exercise science (extended only)	<p><u>Unit 12</u> - Current issues in sport (Extended only)</p> <p><u>Completion of two weeks work experience.</u></p> <p><u>Unit 7</u> - Fitness testing (sub diploma only)</p>
HT5	<u>Unit 2</u> - F - Analysis of the skeletal and muscular systems and how they produce movements in sport and exercise.	<u>Unit 15</u> - Sports injury and assessment (extended only).	<p><u>Unit 17</u> - Psychology in sport. (Extended only)</p> <p><u>Unit 8</u> - Practical</p>

	<p><i>Exam revision and preparation.</i></p> <p><u>Unit 13 -</u> <i>Exam revision and preparation</i></p>		<p><i>individual sports (sub diploma only)</i></p>
HT6	<p><u>Unit 2-</u> EXAM</p> <p><u>Unit 13 -</u> EXAM</p>	<p><i>Additional exam preparation and work experience.</i></p>	<p><u>Unit 5 - Sports coaching (sub diploma only)</u></p> <p><u>IV schedule and resubmissions</u></p>