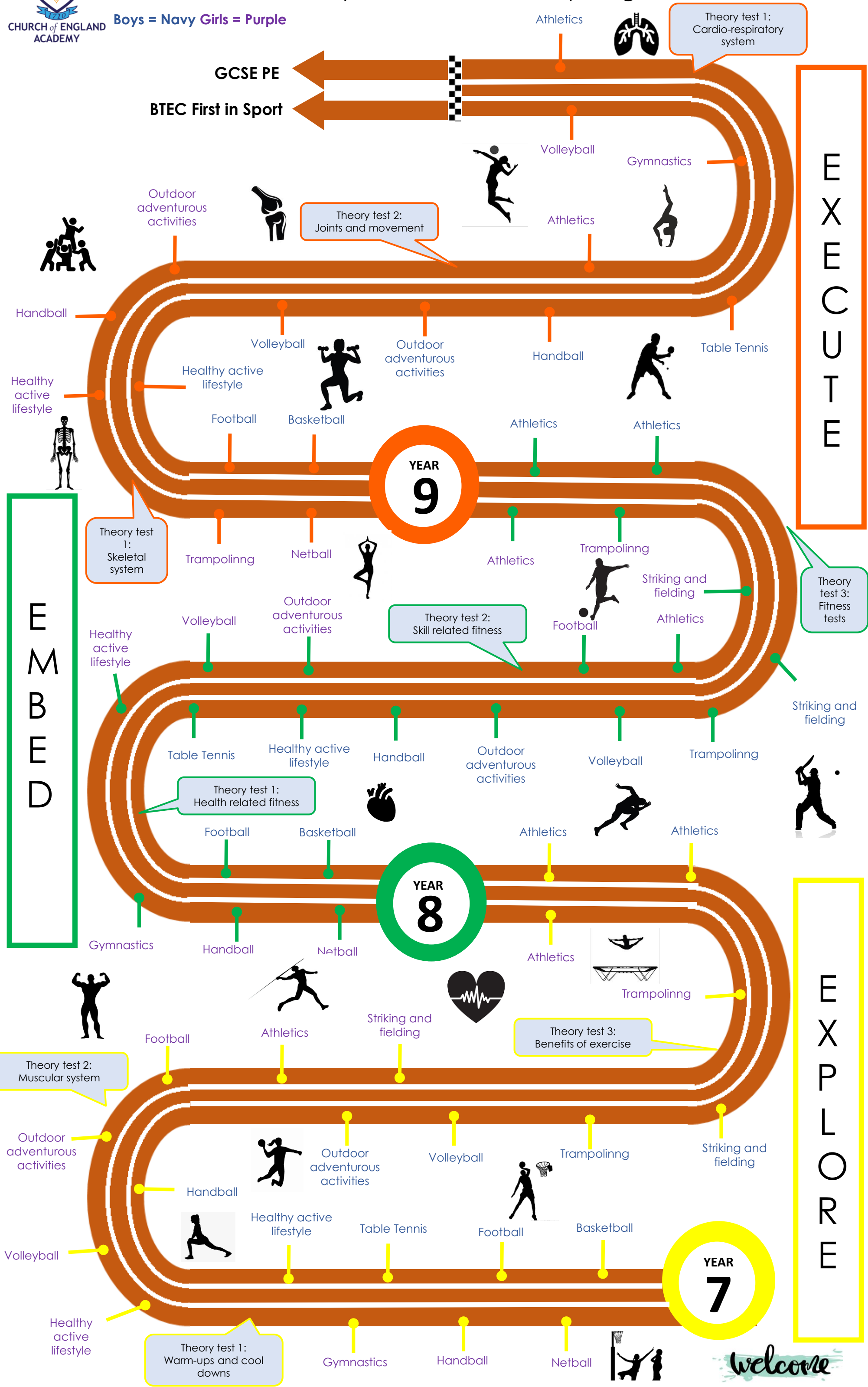


Boys = Navy Girls = Purple



A level PE

BTEC Level 3 Diploma in Sport and Exercise science

Other post 16 options

Compound Assessment 2

2.2.1 – 2.2.4 Movement patterns

2.1.2 Mechanical advantage and disadvantage

2.1.1 Levers

End of Unit assessment 3

3.5.5 Performance enhancing drugs

3.6.1 Purpose and importance of warm-ups and cool downs

3.6.2 Phases of a warm-up

3.6.3 Activities included



3.5.3 Injuries

3.5.4 RICE

3.5.2 Injury prevention

3.5.1 PAR-Q

Extended answer assessment 2

Component 4
Personal Exercise Programme (PEP)

Compound Assessment 2

3.3.2 Interpretation data

3.3.1 Sporting behavior

3.4.3/3.4.4 Benefits of long-term training

3.4.2 long term training effects

3.4.1 Long term effects of training

3.3.2 /3.3.3 Methods of training

3.3.1 Principles of training

End of Unit assessment 2

3.2.5 How fitness is improved (see 3.3.1-3.3.3)

3.2.3 Collection of data

3.2.2/3.2.4 Fitness tests

3.2.1 Component of fitness

3.2.3 Interpretation of graphs



3.2.2 advantages and disadvantages

3.2.1 commercialization, media and sport

End of Unit assessment 2

1.4.3 Short-term effects on breathing

1.4.4 how the respiratory and cardiovascular systems work together

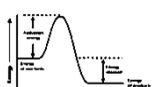
1.4.5 Long term effects (see 3.4.1-3.4.4)

1.4.6 Interpretation of graphs

Compound Assessment 1

3.1.1 Fitness, health, exercise and performance

3.1.2 Interpretation of graphs



1.4.2 Short-term effects on the heart

1.4.1 Short-term effects on muscles

2.3.2 Advantages and disadvantages

2.3.3 Types of Feedback

2.3.4 Interpretation of graphs

2.3.5 Mental Preparation

Extended answer assessment 2

3.1.1 Participation rates

3.1.2 Interpretation of graphs

Extended answer assessment 1

1.3.2 Energy sources

1.3.1 Energy

Compound Assessment 1

2.2.3 Setting and reviewing targets

2.2.2 Principles of SMART

2.2.1 The use of goal setting

2.1.3 Application of knowledge

2.1.2 Practice structures

2.1.1 Classification of skills

1.3.7 Hydration

Extended answer assessment 1

1.2.10 Cardiovascular and respiratory systems working together



1.2.9 Structure of alveoli and gaseous exchange

1.2.7 Vital capacity and Tidal volume

1.2.6 Composition of air



1.2.8 Location and role of respiratory system



1.2.5 Function and importance of blood cells

1.3.6 Energy balance



End of Unit assessment 1

1.1.11 Skeletal and muscular systems working together



1.2.1 Functions of cardiovascular system



1.2.1 Structure of Cardiovascular system



1.2.3 Structure of blood vessels

1.2.4 Vascular Shunting

1.3.5 Variations in optimum weight

1.1.10 Muscle fibre types

1.1.9 Antagonistic Pairs



1.1.7 positive and negative impact of lifestyle choices

1.2.1 Consequences of a sedentary lifestyle

1.2.2 analysis of graphs

1.3.1 Balance diet

1.3.2 Role and importance of macronutrients

1.3.3 Role and importance of macronutrients



1.1.8 Location of voluntary muscles

1.1.7 Muscle types

1.1.6 Ligaments and Tendons

1.1.5 Movement possibilities



1.1.4 Classification of joints

1.1.2 Classification of bones



1.1.3 structure of the skeleton



1.1.1 Functions of the skeleton

YEAR 10
welcome

YEAR 11

