Physical Education Learning Journey

St Edwards Academy from Years 10-11 - Key Stage 4

ST EDWARD'S CHURCH of ENGLAND ACADEMY

Pearson Edexcel

A level PE

BTEC Level 3 Diploma in Sport and Exercise science

Other post 16 options

Compound Assessment

2.2.1 – 2.2.4 Movement patterns

2.1.2 Mechanical advantage and disadvantage

2.1.1 Levers

End of Unit Assessment

REVISION

3.5.3 Injuries

3.5.4 RICE

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

3.5.2 Injury prevention

3.5.1 PAR-Q

Extended answer Assessment

Component 4
Personal Exercise Programme (PEP)

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

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

Compound Assessment

3.3.2 Interpretation data

3.3.1 Sporting behavior

3.2.3 Interpretation of graphs

3.2.2 advantages and disadvantages

3.2.1 commercialization, media and sport

End of Unit Assessment

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

3.1.1 Fitness, health, exercise and performance

YEAR 11

1.4.2 Short-term effects on the heart

1.4.1 Short-term effects on muscles

1.3.2 Energy sources

1.3.1 Energy

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

3.1.1 Participation rates

3.1.2 Interpretation of graphs

2.3.1 Types of guidance

Compound Assessment

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

Extended answer Assessment

1.3.7 Hydration

Extended answer Assessment

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

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

End of Unit Assessment

1.3.5 Variations in optimum weight

1.1.10 Muscle fibre types

1.1.9 Antagonistic Pairs

1.1.8 Location of voluntary muscles

1.1.7 Muscle types

1.1.6 Ligaments and Tendons

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

1.3.4 Optimum weight

1.1.6 Lifestyle choices

1.1.5 Promote personal health through the PEP

1.1.4 Impact of fitness on well-being

1.1.3 Social health

1.1.2 Emotional health

1.1.1 Physical health

End of Unit Assessment

YEAR 10

Mid Unit Assessment

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

welcome