



Curriculum Intent: With well-being at the heart of our PE curriculum, we ensure pupils learn from a variety of ambitious practical experiences whilst equipping them with the theory which underpins sporting excellence

BTEC National Extended Certificate in Sport—EDEXCEL

YEAR:	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<p>Year 12</p> <p>Unit 1: 'Anatomy and Physiology'</p> <p>Unit 2: 'Fitness Training and Programming for Health, Sport and Well-being'</p> <p>5 hours per week</p>	<p>Learning Aim A—The effects of exercise and sports performance on the skeletal system</p> <p>Learning Aim B—The effects of exercise and sports performance on the muscular system</p> <p>Learning Aim C [1] — The effects of exercise and sports performance on the respiratory system</p>	<p>Learning Aim C [2] — The effects of exercise and sports performance on the respiratory system</p> <p>Learning Aim D—The effects of sport and exercise performance on the cardiovascular system</p> <p>Learning Aim E—The effects of exercise and sports performance on the energy systems</p>	<p>Unit 1 January exam = 80-mark paper (1.5 hours)</p> <p>Learning Aim A—Examine lifestyle factors and their effect on health and well-being</p> <p>Spring Exam window = January</p>	<p>Learning aim B—Understand the screening processes for training programming</p> <p>Learning aim C—Understand programme-related nutritional needs</p>	<p>Learning aim D—Examine training methods for different components of fitness</p> <p>Learning Aim E—Understand training programme design</p>	<p>Revision and exam practice</p> <p>Unit 1 [resit only for those that require this] = 80-mark paper (1.5 hours)</p> <p>Unit 2: 60 mark case study paper (2.5 hours)</p> <p>Summer Exam window = May/June</p>
YEAR:	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<p>Year 13</p> <p>5 hours per week</p>	<p>Unit 7: Practical Sports Performance</p> <p>Assessment type: Coursework - Internally assessed/externally moderated</p>			<p>Unit 3: Professional Development in the Sports Industry</p> <p>Assessment type: Coursework - Internally assessed/externally moderated</p>		