



St Martin's School Physical Education Journey

BTEC CURRICULUM JOURNEY



Be The Best You Can Be...

- TRADITIONAL VALUES
- LEARNING FOR THE FUTURE
- OUTSTANDING PERSONAL ACHIEVEMENT

Unit 3 - Parts C & D will be completed by the end of May

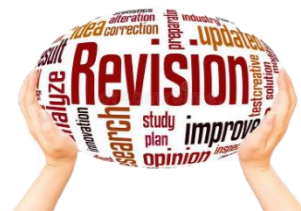
Unit 3: Professional Development in the Sports Industry (Internal Coursework Unit)

This unit is split into separate learning aims – A Understand the career pathway & job opportunities, B Explore own skills using a skills audit to inform a career development, C Recruitment activity to demonstrate interview process & D Reflect on recruitment activity.

Show Your Commitment

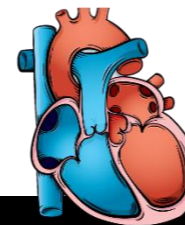


- Complete all independent learning tasks
- Bring your PE folder to all lessons
- Attend all revision sessions

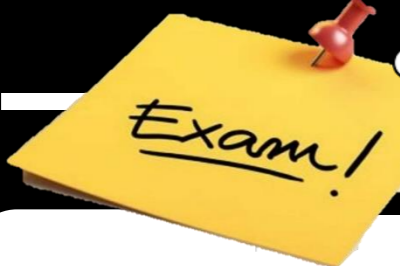
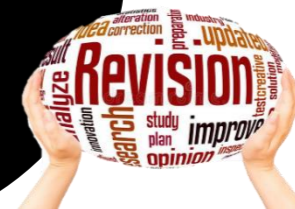


Unit 1 Anatomy & Physiology (Exam)

- 1 hour and 30 minutes external exam out of 80 on the following topics: the skeletal system, the muscular system, the respiratory system, the cardiovascular system and the energy system for sports performance. Learners will use this knowledge and understanding to determine the interrelationships between body systems for sports performance.



Unit 3 - A & B will be completed by January



Unit 5 - Part C will be completed after Christmas and finished by May (ready for SV)

Unit 2 - Fitness Training and Programming for Health, Sport and Well-being (Exam)

- Case study one week before the supervised assessment period to carry out preparatory work.
- The supervised assessment period is a maximum of 2.5 hours as timetabled by Pearson.
- During the assessment learners will be given a task that will assess their ability to interpret lifestyle factors and health screening data from a scenario and stimulus information in order to develop and justify a fitness training programme and nutritional advice based on these interpretations.



YEAR 13

Unit 5: Application of Fitness Testing (Internal Coursework Unit)

This unit is split into separate learning aims – A Principles of Fitness Testing, B Explore Fitness Tests for Different Components of Fitness and C Evaluation & Feedback of Fitness Test Results.

Unit 5 - Parts A & B will be completed first in Year 12 and be completed by January.

YEAR 12

