



CURRICULUM OVERVIEW FOR PHYSICAL EDUCATION SPORT AND COACHING

In year 10 and 11 students will also do Core PE

	HALF TERM 1	HALF TERM 2	HALF TERM 3	HALF TERM 4	HALF TERM 5	HALF TERM 6
YEAR 10	Unit 2—Improving Sporting Performance (Physiological) Unit 3—Coaching Principles. Skills	Unit 2—Improving Sporting Performance (Physiological) Unit 3—Coaching Principles. Responsibilities	Unit 2 - Improving Sporting Performance (Physiological) Unit 2—NEA Controlled Assessment Physiological Unit 3—Coaching Principles. Demonstrations	Unit 2 - Improving Sporting Performance (Psychological) Unit 3—Coaching Principles. Demonstrations	Unit 2 - Improving Sporting Performance (Psychological / Technical) Unit 2—NEA Controlled Assessment Psychological Unit 3—Coaching Principles. Demonstrations	Unit 2 - Improving Sporting Performance (Technical) Unit 2—NEA Controlled Assessment Technical Unit 3—Coaching Principles. Review
YEAR 11	Unit 1— Fitness for Sport Muscular – Skeletal Unit 3— Coaching Principles	Unit 1—Fitness for Sport Muscular – Skeletal Unit 3— Coaching Principles NEA Assignment	Unit 1—Fitness for Sport Cardio – Respiratory Unit 3—Coaching Principles NEA Assignment	Unit 1—Fitness for Sport Cardio – Respiratory Effects of Exercise Unit 3 - Coaching Principles NEA Assignment	Unit 1—Fitness for Sport- External Examination	END OF EXAMINATION PERIOD