

Physical Education Roadmap



BTEC Level 3 – Unit 1 – Anatomy & Physiology BTEC Level 3 – Unit 2 – Fitness training & programming for health, sport & wellbeing

6th Form

BTEC level 3 – Professional Development in the sports industry BTEC Level 3 – Unit 7 – Practical Sports performance

Unit 7 – Use of Data

GCSE Practical Sport 3 – Sport of choice

Year 11

Unit 6 – Health, Fitness & wellbeing

Unit 5 – Sport, society & culture

Unit 4 -Sports psychology

GCSE Coursework –
Analysis

GCSE Practical sport 1 – Individual

Unit 2 – Movement analysis

Year 10

GCSE Unit 3 – Physical
Training

GCSE Coursework – Evaluation

Unit 1 – Anatomy & physiology

GCSE Practical sport 2 –
Team

Year 9

Rounders

Cricket

Rugby

Badminton

Basketball

Handball

Dance & Gymnastics

Table Tennis

Football

Year 8

Routines & Google Classroom

Health Related Components of Fitness

Netball

Year 7

Introduction into Physical Education

Three phases Warm Up

Skill Related Components of Fitness