

**THE HIGHEST
STANDARDS**

Always set and deliver
the highest standards;
never settle for less.

**INVEST TO
ACHIEVE**

Care about the now;
create the very best for
your future.

**EVERYONE IS
VALUED**

We are unique
Individuals working
together to be the best.

**NO
EXCUSES**

Create solutions;
not excuses.

**NEVER
GIVE UP**

Resilience is essential;
self-belief drives
improvement.

**CULTIVATE YOUR
CHARACTER**

Qualifications open
doors; your character
gets you through them.

Physical Education Year 10

	Week 0	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Half Term 1		C1 LOA: Explore types and provision of sport and physical activity for different types of participant					C1 LOB: Examine equipment and technology required for participants to use when taking part in sport and physical activity		
Half Term 2	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Holiday	
	C1 LOB: Examine equipment and technology required for participants to use when taking part in sport and physical activity		Practice assessment	C1 PSA Completion and Moderation		C1 PSA Completion and Moderation			
Half Term 3	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Holiday		
	C2 LOA: Physical and skill components of fitness			C3 LOC: Demonstrate ways to improve participants sporting techniques					
Half Term 4	Week 22	Week 23	Week 24	Week 25	Week 26	Holiday			
	C3 LOC: Demonstrate ways to improve participants sporting techniques								
Half Term 5	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Holiday		
	C3 LOC: Demonstrate ways to improve participants sporting techniques		C2 PSA Completion and Moderation			C3 LOA			
Half Term 6	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39		
	C3 LOA: Explore the importance of fitness for sports performance				C3 LOB: Investigate fitness testing to determine fitness levels				

How does this year deliver your curriculum intent?

This year introduces the BTEC Tech Sport course. It teaches and assesses component one and two and prepares students for the assessment of component three, which is completed in January Y11. The course allows students to deepen their theoretical understanding of how to determine their own and others' fitness levels and this enables students to develop their confidence, resilience and independence throughout each component. This year's course content equips students with lifelong skills that will lead to a healthy lifestyle that promotes mental and physical wellbeing and consequently promotes a love for physical activity and a desire to keep active in the future.