

PE Academic Course – Pathway to GCSE or BTEC	Year 9				
Review	Review 1	Review 2		Review 3	
Content covered	<p>Unit 1.2a: Components of Fitness <i>Learners will develop their knowledge and understanding of the components of fitness, including cardiovascular endurance, muscular endurance, speed, strength, flexibility and agility.</i></p> <p>Fitness Tests are completed alongside academic work to develop knowledge of application to a wide variety of sports</p>	<p>Unit 1.1d: Cardiovascular and Respiratory Systems <i>Learners will develop their knowledge and understanding of the structure and function of the cardiovascular system.</i></p> <p>Badminton, Table tennis are priority sports to tie in with Practical activity choices on the specification</p>	G R O U P S P L I T	<p>Unit 1 - Learning Aim A: Investigate the impact of sport and activity on the body Systems</p> <p>Physiological impact of engagement in sport and activity on the body systems</p>	<p>Unit 1 - Learning Aim B: Explore Common Injuries in Sport and Activity and Methods of Rehabilitation</p> <p>Common Sport Injuries</p>
Assessment method	<p>55 minute - Written exam Questions testing application and knowledge of fitness tests and how they are applicable to sporting activities</p>	<p>55 minute - Written exam Questions testing application and knowledge of fitness tests and how they are applicable to sporting activities – current levels of sporting aptitude and attainment of theory modules are taken into account and a pathway is decide for the student</p>		<p>1 Hour progress exam</p>	
Teacher & Dept response	<p>WWW/EBI feedback sheet / NSA lesson Teacher identifies student weaknesses and provides in class support.</p>	<p>Catch Up sessions for those falling behind on deadlines for coursework. Parental contact Removal from practical lessons to complete coursework Removal from curriculum PE lessons to complete catch up</p>		<p>Parental contact/communication if falling below target. Additional provision during practical lessons to reinforce and support learning</p>	