



CURIOSITY

COMPASSION

COURAGE



Academic Outline 2024-25

Physical Education

	Term 1 Aug-Oct	Term 2 Nov-Dec	Term 3 Jan-Feb	Term 4 Mar-Apr	Term 5 Apr-May	Term 6 Jun-Jul
Year 12: Extended Certificate	Unit 1 – Anatomy and Physiology Skeletal system Muscular system Respiratory system Cardiovascular System	Unit 1 – Anatomy and Physiology Cardiovascular System Energy System Self-assessment	Unit 3 – Professional Development in the Industry Job Vacancy site 1 Job Vacancy site 2 Job Vacancy site 3	Unit 3 – Professional Development in the Industry CV Workshop Careers in Sport	Unit 3 – Professional Development in the Industry Job Vacancy site 1 CV Workshop Careers in Sport	Unit 7 – Practical Sports Performance Badminton Rules and Regulations Rounders Rules and Regulations
Year 12: Diploma	Unit 23 – Skill Acquisition Learning Curves Ability v Skill Information Processing	Unit 23 – Skill Acquisition Cognitive Theories Behaviourist Theories	Unit 23 – Skill Acquisition Types of Guidance Unit 22 – Investigating Business in the SAL 7 P’s of Business Business Size Business Scope	Unit 23 – Skill Acquisition Types of Practice Unit 22 – Investigating Business in the SAL Types of Business Ownership Customer Needs	Unit 23 – Skill Acquisition Methods of Teaching Unit 22 – Investigating Business in the SAL SWOT v Pestle Analysis	Unit 4 – Sports Leadership Leadership Styles Unit 26 – Technical and Tactical Demands in Sport Badminton Techniques Badminton Tactics
Year 13: Extended Certificate	Unit 2 – Fitness Training and Programming Government Health Guidance Balanced Diet Unit 7 – Practical Sports Performance Badminton Rules and Regulations	Unit 2 – Fitness Training and Programming Principles of Training Components of fitness Unit 7 – Practical Sports Performance Rounders Rules and Regulations	Unit 2 – Fitness Training and Programming FITT Principles SMART Target Setting Unit 7 – Practical Sports Performance Badminton Scenarios Rounders Scenarios	Unit 7 – Practical Sports Performance Badminton Rules and Regulations Rounders Rules and Regulations Badminton Scenarios Rounders Scenarios	Unit 7 – Practical Sports Performance Badminton Rules and Regulations Rounders Rules and Regulations Badminton Scenarios Rounders Scenarios	
Year 13: Diploma	Unit 4 – Sports Leadership Leaders Skills & Qualities Unit 26 – Technical and Tactical Demands in Sport Badminton Techniques Badminton Tactics	Unit 4 – Sports Leadership Leadership Styles Unit 26 – Technical and Tactical Demands in Sport Training Methods Assessment Methods SMART Target Setting	Unit 4 – Sports Leadership Leadership Styles Unit 26 – Technical and Tactical Demands Assessment Methods SMART Target Setting	Unit 25 – Rules, Regulations & Officiating Badminton Rules and Regulations Badminton Official A Badminton Official B Badminton Official C Unit 4 – Sports Leadership Leadership Styles	Unit 25 – Rules, Regulations & Officiating Badminton Rules and Regulations Badminton Official A Badminton Official B Badminton Official C Unit 4 – Sports Leadership Leadership Styles	