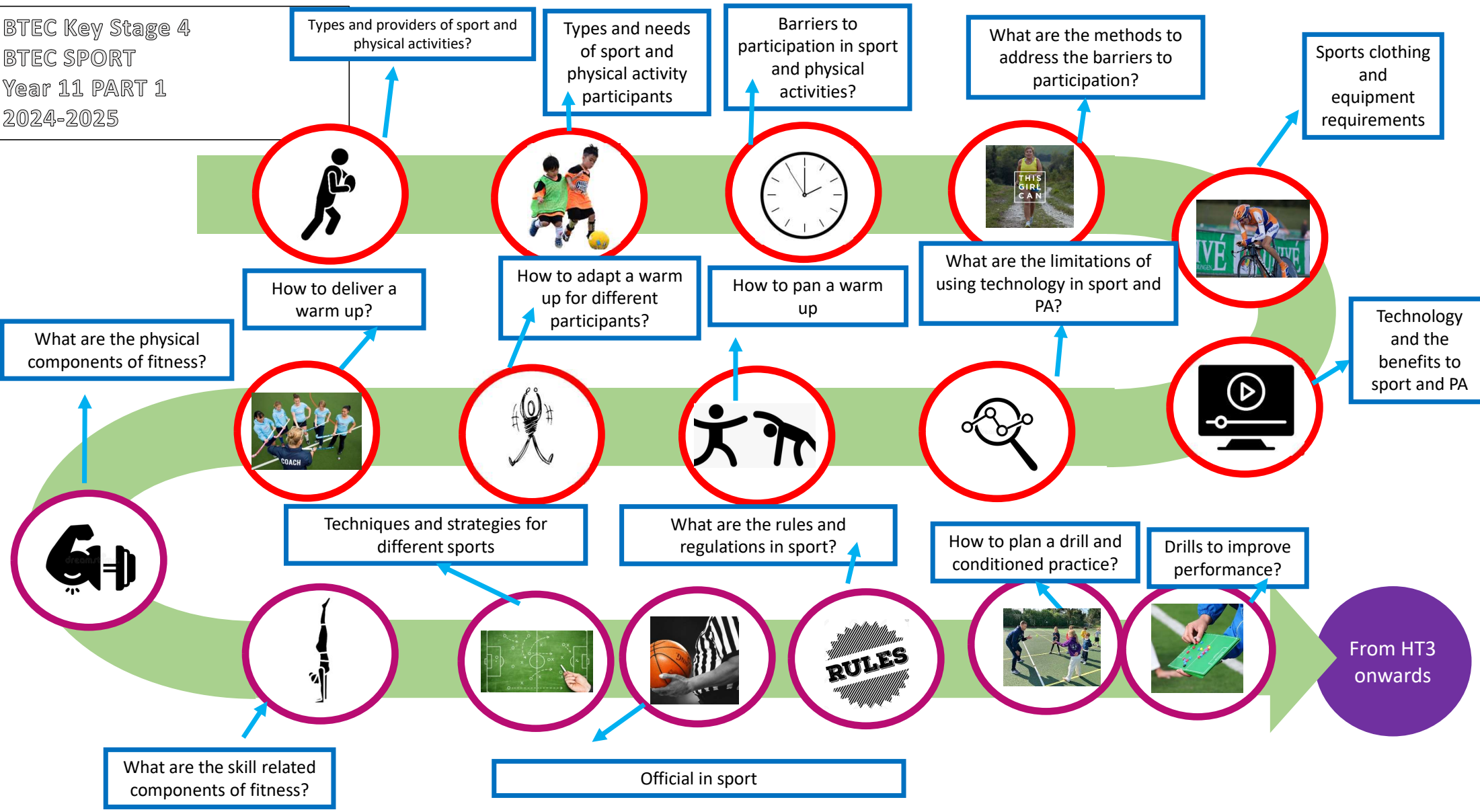
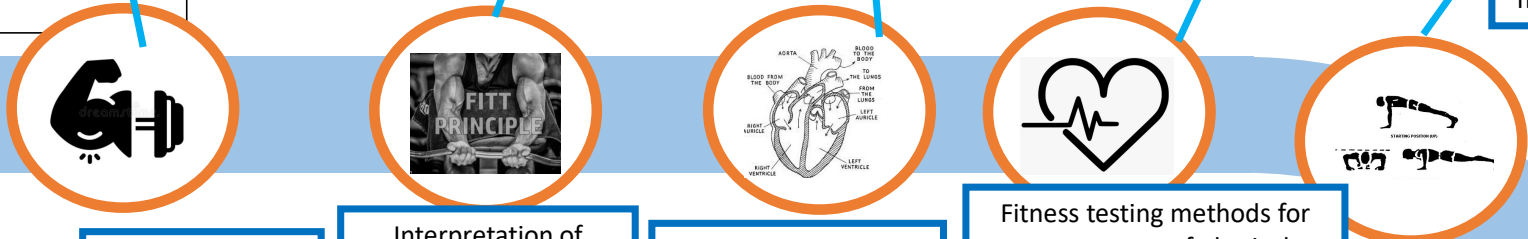


YEAR 11 BTEC SPORT



Key Stage 4
 BTEC SPORT PART 2
 Year 11
 2024-2025

The importance of fitness for sport and PA?
 What are the principles of training (Basic and additional)?
 What is the cardiovascular and cardiorespiratory system?
 What is exercise intensity, target zones and training thresholds?
 What are the requirements for the different fitness tests ?



Requirements for each training method?

Investigate different fitness training methods?

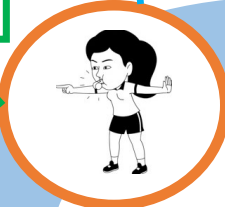
Interpretation of fitness test results?

Fitness testing methods for components of skill related fitness?

Fitness testing methods for components of physical fitness?

What is the importance of fitness testing?

Mock exam

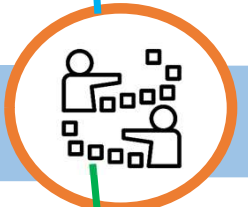


Fitness training method for skill related fitness?

Long term effects of training

How personal info aids to training programmes?

Motivational techniques for fitness training?



Fitness training method for physical fitness?

Provision for sport

Fitness programme design

External exam

GCSE PE

GCSE YEAR1
Key Stage 4
Physical Education

Welcome to GCSE PE

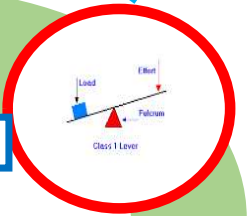
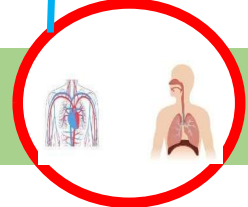
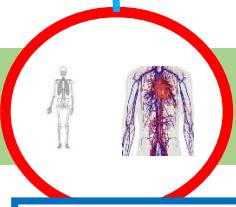
Introduction to the Pearson Edexcel GCSE PE Course

Musculoskeletal system

Cardiorespiratory System

Aerobic and Anaerobic exercise

Lever systems



Long term effects of exercise

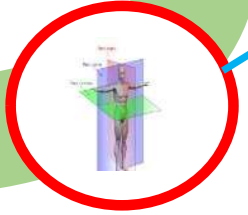
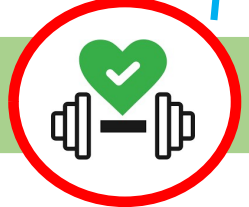
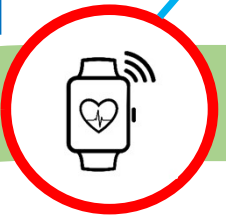
Principles of training

Components of fitness

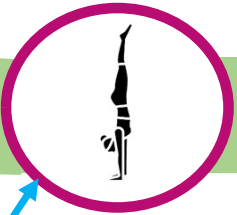
Health Fitness and Exercise

Planes and axis of movement

How to optimise training to prevent injury



Use of data



Effective use of a warm up and cool down

Introduction to PEP (tbc)

Year 11

GCSE Year 2
Key Stage 4
Physical Education

