

George Stephenson High School Secondary Scheme of Work – Physical Education

Key Stage 5 – BTEC Level 3 Extended Certificate in Sport – Year 12

Unit	Key Progression Indicators Knowledge, Understanding and Skills
Unit 1 – Anatomy and Physiology	Unit 1 – LA A – The Skeletal System LA B – The Muscular System LA C – The Respiratory System LA D – The Cardiovascular System LA E – The Energy Systems
Unit 2 – Fitness Training and Programming for Health, Sport and Well-being	Unit 2 – LA A – Lifestyle Factors LA B – Screening Processes for Training Programming LA C – Nutritional Needs LA D – Training Methods LA E – Training Programme Design

Unit 1 Calendar

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Teacher 1	LA A: Skeletal System Unit Introduction	Structure & Function of the Skeletal System				Joints & Responses of Skeletal System to Sport			Adaptations of the skeletal system to exercise			Additional factors affecting the skeletal system	
Teacher 2	LA B: Muscular System Unit Introduction	Characteristics & Function of Muscles and Major Muscles of the Skeletal System				Antagonistic Muscle Pairs & Types of Skeletal Muscle Contraction			Fibre Types & Adaptations of the Muscular System to Exercise			Additional factors affecting the muscular system	

	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25
Teacher 1	REVISION AND ASSESSMENT		LA C: Respiratory System Unit Introduction	Structure & Function of the Respiratory System			Lung Volumes & Control of Breathing		Adaptations of Respiratory System		Additional Factors	
Teacher 2			LA D: Cardiovascular System Unit Introduction	Structure & Function of the Cardiovascular System			Nervous Control of Cardiac Cycle		Adaptations of Cardiovascular System		Additional Factors	

	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37
Teacher 1	Revision and Exam Prep		Revision and Exam Prep									
Teacher 2	LA E: The Role of ATP in Exercise	The ATP-PC (alactic) system in exercise and sports performance	The lactate system in exercise and sports performance		The aerobic system in exercise and sports performance							

	Week 38	Week 39
Teacher 1		
Teacher 2		

Unit 2 Calendar

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Teacher 1	LA A: Lifestyle Factors Introduction	Positive lifestyle factors and their effects on health and wellbeing				Negative lifestyle factors and their effects on health and wellbeing			Lifestyle modification techniques				
Teacher 2	LA C: Programme related nutritional needs.	Dietary reference values and Components of a Balanced Diet				Nutritional strategies for training programmes			LA D: Training Methods for different Components of Fitness				

	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	
Teacher 1			LA B: Screening Processes Introduction	Screening processes Health monitoring tests					Interpreting the results of health monitoring tests				
Teacher 2	Training Methods for different Components of Fitness							LA E: Training Programme Design					

	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37
Teacher 1	Interpreting Results		Exam Prep									
Teacher 2	Training Programme Design		Exam Prep									

	Week 38	Week 39
Teacher 1		