



Year 11 BTEC PE

Autumn 1

Unit 4: Short and long term effects of exercise on the musculoskeletal and cardio-respiratory systems



Autumn 2

Understanding Aerobic and Anaerobic energy systems – How they work and how they relate to sports performance



Spring 1

Unit 3: Applying the Principles of Personal Training – Students will gather relevant health information, design a 6 week training programme and complete the 6 week training programme.



Spring 2

Unit 3: Applying the Principles of Personal Training – Students will collate their diary entries for the 6 week training plan, reviewing on completion and making contingency plans



Summer 1

By this stage students will have completed all assessments and will have opportunity to prepare for assessments in other GCSE subjects..



Summer 2

By this stage students will have completed all assessments and will have opportunity to prepare for assessments in other GCSE subjects..

