## BTEC Tech Award – BTEC Sport



## Long Term Plan PSA Timetable 2025/26

	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
	W/C 25/8	W/C 01/09	W/C 08/09	W/C 15/09	W/C 22/09	W/C 29/09	W/C 06/10	W/C 13/10	W/C 03/11	W/C 10/11	W/C 17/11	W/C 24/11	W/C 01/12
	Training days									Data days 13/11 + 14/11			
Cycle 1				Component 2 (Y11) Task 1: Type up.			Component 2 (Y11) Task 3 type up		Component 2 (Y11) Task 4 type up		n fortnight	Component 2 (Y11) Task 2 Videoing	
	W/C 08/12	W/C 15/12	W/C 05/01	W/C 12/01	W/C 19/01	W/C 26/01	W/C 02/02	W/C 9/02	W/C 23/02	W/C 01/03	W/C 9/03	W/C 16/03	W/C 23/03
								Trust conference 13/02		Data days 05/03 + 06/03			
Cycle 2							Component 1 (Y10) Task 1 type up.		Component 1 (Y10) Task 1 /2 type up.	Mock exam fortnight		Component 1 (Y10) Task 2 type up.	
	W/C 30/03	W/C 20/04	W/C 27/04	W/C 04/05	W/C 11/05	W/C 18/05	W/C 01/06	WC 08/06	W/C 15/06	W/C 22/06	W/C 29/06	W/C 06/07	W/C 13/07
	Bank holiday 03/04			May bank holiday 04/05									
Cycle 3	Component 1 (Y10) Task 3A type up.	Component 1 (Y10) Task 3B Videoing											

## **BTEC Sport Y11**



		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
		W/C 25/8	W/C 01/09	W/C 08/09	W/C 15/09	W/C 22/09	W/C 29/09	W/C 06/10	W/C 13/10	W/C 03/11	W/C 10/11	W/C 17/11	W/C 24/11	W/C 01/12
		Training days									Data days 13/11 + 14/11	Mock exam fortnight		
Cycle 1	Double		C2C: Demonstration of techniques/Assignment preparation	C2C: Preparing for an activity	Component 2 (Y11) Task 1: Type up.	Component 2 (Y11) Task 1: Type up.	Component 2 (Y11) Task 3: Type up.	Component 2 (Y11) Task 3: Type up.	Component 2 (Y11) Task 4 type up	Component 2 (Y11) Task 4 type up	Component 2 (Y11) Task 2 Videoing	Component 2 (Y11) Task 4 Videoing	Component 3: Components of fitness.	C3A: Components of fitness/Basic Principles of Training
	Single			C2C: Preparing for an activity		Component 2 (Y11) Task 3: Type up.		Component 2 (Y11) Task 4 type up		Component 2 (Y11) Task 2 Videoing		Component 2 (Y11) Task 4 Videoing		C3A: Calculating Maximum Heart rate
		W/C 08/12	W/C 15/12	W/C 05/01	W/C 12/01	W/C 19/01	W/C 26/01	W/C 02/02	W/C 9/02	W/C 23/02	W/C 01/03	W/C 9/03	W/C 16/03	W/C 23/03
									Trust conference 13/02		Data days 05/03 + 06/03	Mock exam fortnight		
Cycle 2	Double	C3A: Exploring the relationship between HR and the RPE scale/Exam questions	C3B: Investigating fitness testing to determine fitness levels/ Designing an inform consent form	C3B: Fitness testing: Flexibility/ Speed	C3B: Fitness testing: Muscular and Aerobic endurance	C3B: Fitness testing: Muscular Strength/ Agility	C3B: Fitness testing: Power/ Balance	C3B: Fitness testing: Reaction Time	exam question practice/ C3C: Investigating different training methods.	C3C: Muscular endurance and strength training/ Stretching. Aerobic endurance training	C3C: Plyometric training/ ASQ	C3C: Additional Requirements	C3C: Provision/Effects of long-term training	C3D: Fitness programme design/ Goal setting
	Single		C3B: Interpreting data		C3B: Fitness testing: Body Composition		C3B: Fitness testing: Coordination		C3C: Basic principles of training		C3C: Balance, Coordination & Reaction time training		C3C: Flexibility, ME and Speed Training	
		W/C 30/03	W/C 20/04	W/C 27/04	W/C 04/05	W/C 11/05	W/C 18/05	W/C 01/06	WC 08/06	W/C 15/06	W/C 22/06	W/C 29/06	W/C 06/07	W/C 13/07
		Bank holiday 03/04			May bank holiday 04/05									
Cycle 3	Double	C3D: Program design/ Additional principles of training	Exam preparation	Exam preparation	Exam preparation									
	Single	Exam preparation	Exam preparation	Exam preparation	Exam preparation									



# **BTEC Sport Y10**

		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
		W/C 25/8	W/C 01/09	W/C 08/09	W/C 15/09	W/C 22/09	W/C 29/09	W/C 06/10	W/C 13/10	W/C 03/11	W/C 10/11	W/C 17/11	W/C 24/11	W/C 01/12
		Training days									Data days 13/11 + 14/11	Mock exam fortnight		
Cycle 1	Double		Classification of sports/Outdoor activities	Provision of sport and physical activity/ Physical Fitness activities	Physical activity needs of participants/Particip ants with different disabilities	Barriers to participating in sport /Methods to address barriers to participation	Practice Scenario/ Methods to address barriers to participation	Practice scenario/ Different types of sports clothing and footwear	Different types of sports clothing and footwear benefits	Sports specific and safety equpiment/ Benefits	Modified equipment and facilties/ Facilities	Officiating/ Technology	The limitations of using technology in sports and physical activity / Assignment preparation	Assignment preparation / Planning a warm-up.
	Single			Component 3: Components of fitness LAA		Component 3: Components of fitness LAA		Component 3: Components of fitness LAA		Components 3: Components of fitness LAA		Component 3: Components of fitness LAA		Component 3: Components of fitness
		W/C 08/12	W/C 15/12	W/C 05/01	W/C 12/01	W/C 19/01	W/C 26/01	W/C 02/02	W/C 9/02	W/C 23/02	W/C 01/03	W/C 9/03	W/C 16/03	W/C 23/03
									Trust conference 13/02		Data days 05/03 + 06/03	Mock exam fortnight		
Cycle 2	Double	Cardiorespir atory system/Mobi lisers	Preperation stretches/ Response of stretching	Adapting a warm - up	Delivering a warmup practical	Component 1 (Y10) Task 3B Videoing	Component 1 (Y10) Task 3B Videoing	Component 1 (Y10) Task 1 type up.	Component 1 (Y10) Task 1 /2 type up.	Component 1 (Y10) Task 1 /2 type up.	Component 1 (Y10) Task 2 type up.	Component 1 (Y10) Task 3A type up.	Component 1 (Y10) Task 3B Videoing	C2: Component of Fitness
	Single		Component 3: Components of fitness LAA		Component 3: Heart Rate LAB		Component 3: Heart Rate LAB		Component 3: Heart Rate LAB		Component 3: Heart Rate LAB		Component 3: LAB	
		W/C 30/03	W/C 20/04	W/C 27/04	W/C 04/05	W/C 11/05	W/C 18/05	W/C 01/06	WC 08/06	W/C 15/06	W/C 22/06	W/C 29/06	W/C 06/07	W/C 13/07
		Bank holiday 03/04			May bank holiday 04/05									
Cycle 3	Double	C2: Components of Fitness/Physi cal Fitness	C2: Skill related fitness	C2: Practice assignment	C2B: Types of Skill/ Types of Practices	C2B: Skills and Techniques for Sports Performance/ Strategies	C2B: Responsibilities of Officials/ Role of the Official	C2B: Rules and Regulations	C2B: Practice assignment	C2C: Types of Practice	C2C: Demonstration of techniques/Assi gnment preparation	C2C: Lesson delivery/Prep aring for an activity	C2C: Preparing for an activity	C2C: Preparing for an activity
	Single	Component 3: LAB		Component 3: LAB		Component 3: LAB		Component 3: LAB		Component 3: LAB		Component 3: LAB		Component 3: LAB



## KS4 Core PE – Y11

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		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
		W/C 25/8	W/C 01/09	W/C 08/09	W/C 15/09	W/C 22/09	W/C 29/09	W/C 06/10	W/C 13/10	W/C 03/11	W/C 10/11	W/C 17/11	W/C 24/11	W/C 01/12
		Training days									Data days 13/11 + 14/11	Mock exam fortnight		
Cycle 1	Single		Netball, Basketball Football Cricket Softball Dance	Netball, Basketball Football Cricket Softball Dance	Netball, Basketball Football Cricket Softball Dance	Netball, Basketball Football Cricket Softball Dance	Netball, Basketball Football Cricket Softball Dance	Netball, Basketball Football Cricket Softball Dance	Netball, Basketball Football Cricket Softball Dance	Badminton Dance Netball Football Trampolining Rugby	Badminton Dance Netball Football Trampolining Rugby	Badminton Dance Netball Football Trampolining Rugby	Badminton Dance Netball Football Trampolining Rugby	Badminton Dance Netball Football Trampolining Rugby
	BTEC Class		Football	Cricket	Basketball	Rugby	Isolated practices- Football	Isolated practices- Rugby	Isolated practices- Basketball	Isolated practices- Cricket	Lesson Delivery	Lesson Delivery	Lesson Delivery	Free weight Training
		W/C 08/12	W/C 15/12	W/C 05/01	W/C 12/01	W/C 19/01	W/C 26/01	W/C 02/02	W/C 9/02	W/C 23/02	W/C 01/03	W/C 9/03	W/C 16/03	W/C 23/03
									Trust conference 13/02		Data days 05/03 + 06/03	Mock exam fortnight		
Cyde 2	Single	Badminton Dance Netball Football Trampolining Rugby	Badminton Dance Netball Football Trampolining Rugby	Basketball Fitness Football Trampolining Handball Rugby	Basketball Fitness Football Trampolining Handball Rugby	Basketball Fitness Football Trampolining Handball Rugby	Basketball Fitness Football Trampolining Handball Rugby	Basketball Fitness Football Trampolining Handball Rugby	Basketball Fitness Football Trampolining Handball Rugby	Softball Rounders Cricket Athletics Netball Handball	Softball Rounders Cricket Athletics Netball Handball	Softball Rounders Cricket Athletics Netball Handball	Softball Rounders Cricket Athletics Netball Handball	Softball Rounders Cricket Athletics Netball Handball
	BTEC Class	Resistance drills	Fartlek Training	Interval Training	Continuous training - Gym	Speed training	Plyometric Training- Gym	Fitness testing- Agility	Fitness testing- Balance	Fitness testing- Coordination	Fitness testing- Power	Fitness testing- Reaction time	Fitness testing- Aerobic Endurance	Fitness testing- Aerobic endurance
		W/C 30/03	W/C 20/04	W/C 27/04	W/C 04/05	W/C 11/05	W/C 18/05	W/C 01/06	WC 08/06	W/C 15/06	W/C 22/06	W/C 29/06	W/C 06/07	W/C 13/07
		Bank holiday 03/04			May bank holiday 04/05									
Cycle 3	Single	Softball Rounders Cricket Athletics Netball Handball	Short Tennis Softball Rounders Cricket Athletics Netball	Short Tennis Softball Rounders Cricket Athletics Netball	Short Tennis Softball Rounders Cricket Athletics Netball	Short Tennis Softball Rounders Cricket Athletics Netball	Short Tennis Softball Rounders Cricket Athletics Netball	Softball Rounders Cricket Athletics Football Handball	Softball Rounders Cricket Athletics Football Handball	Softball Rounders Cricket Athletics Football Handball	Softball Rounders Cricket Athletics Football Handball			
	BTEC Class	Fitness testing- Muscular Endurance	Fitness testing- Body composition	Fitness testing- Flexibility/ Speed	Fitness testing- Muscular strength	Football	Football	Cricket	Football	Football				





		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
		W/C 25/8	W/C 01/09	W/C 08/09	W/C 15/09	W/C 22/09	W/C 29/09	W/C 06/10	W/C 13/10	W/C 03/11	W/C 10/11	W/C 17/11	W/C 24/11	W/C 01/12
		Training days									Data days 13/11 + 14/11	Mock exam fortnight		
Cycle 1	Single		-FA Leaders award -Duke of Edinburgh -Basketball -Sports Leaders Award -Football	-FA Leaders award -Duke of Edinburgh -Basketball -Sports Leaders Award -Football	-FA Leaders award -Duke of Edinburgh -Basketball -Sports Leaders Award -Football	-FA Leaders award -Duke of Edinburgh -Basketball -Sports Leaders Award -Football	-FA Leaders award -Duke of Edinburgh -Basketball -Sports Leaders Award -Football	-FA Leaders award -Duke of Edinburgh -Basketball -Sports Leaders Award -Football	-FA Leaders award -Duke of Edinburgh -Basketball -Sports Leaders Award -Football	-FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Football -Fitness				
	BTEC Class		Blind Football	Blind Football	Sitting Volleyball	Sitting Volleyball	Zumba	Gym class	Gym Class	Circuit Training	Heart Rate activities	Warm up delivery- Stage 1	Warm up delivery- Stage 2	Warm up delivery- Stage 3
		W/C 08/12	W/C 15/12	W/C 05/01	W/C 12/01	W/C 19/01	W/C 26/01	W/C 02/02	W/C 9/02	W/C 23/02	W/C 01/03	W/C 9/03	W/C 16/03	W/C 23/03
									Trust conference 13/02		Data days 05/03 + 06/03	Mock exam fortnight		
Cyde 2	Single	-FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Football -Fitness	-FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Football -Fitness	Badminton -FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Fitness	Badminton -FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Fitness	Badminton -FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Fitness	Badminton -FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Fitness	Badminton -FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Fitness	Badminton -FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Fitness	Trampolining -FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Fitness	Trampolining -FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Fitness	Trampolining -FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Fitness	Trampolining -FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Fitness	Trampolining -FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Fitness
	BTEC Class	Free Weight Training	Resistance drills	Warm up delivery Practice	Warm up delivery Practice	Warm up delivery Practice	Warm up delivery Practice	Warm up delivery	Warm up delivery	Warm up delivery	Warm up delivery	Warm up delivery	Warm up delivery	Warm up delivery
Cycle 3		W/C 30/03  Bank holiday 03/04	W/C 20/04	W/C 27/04	W/C 04/05 May bank holiday 04/05	W/C 11/05	W/C 18/05	W/C 01/06	WC 08/06	W/C 15/06	W/C 22/06	W/C 29/06	W/C 06/07	W/C 13/07

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		Trampolining -FA Leaders	-Cricket -FA Leaders	-FA Leaders award	ינ										
	elge	award -Duke of	award -Duke of	award -Duke of	award -Duke of	award -Duke of	award -Duke of	-Duke of Edinburgh							
		Edinburgh	Edinburgh	Edinburgh	Edinburgh	Edinburgh	Edinburgh	-Rowing							
	Sin	-Rowing	-Rowing	-Rowing	-Rowing	-Rowing	-Rowing	-Sports							
		-Sports Leaders	-Sports Leaders	-Sports Leaders	-Sports Leaders	-Sports Leaders	-Sports Leaders	Leaders Award							
		Award	Award	Award	Award	Award	Award	-Softball							
		-Fitness	-Rounders	-Rounders	-Rounders	-Rounders	-Rounders	-Athletics							
	BTEC Class	Warm up delivery	Warm up delivery	Warm up delivery	Football	Football	Netball	Lacrosse	Rounders	Cricket	Basketball	Tag Rugby	Athletics	Athletics	

#### **KS3 Core PE**



		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
		W/C 25/8	W/C 01/09	W/C 08/09	W/C 15/09	W/C 22/09	W/C 29/09	W/C 06/10	W/C 13/10	W/C 03/11	W/C 10/11	W/C 17/11	W/C 24/11	W/C 01/12
		Training days									Data days 13/11 + 14/11	Mock exam fortnight		
Cycle 1	Girls		Netball Rugby Union Rowing	Netball Rugby Union Rowing	Netball Rugby Union Rowing	Netball Rugby Union Rowing	Netball Rugby Union Rowing	Netball Rugby Union Rowing	Netball Rugby Union Rowing	Basketball Gymnastics Rugby Union Football	Basketball Gymnastics Rugby Union Football	Basketball Gymnastics Dance Football Trampolining	Basketball Gymnastics Dance Football Trampolining	Basketball Gymnastics Dance Football Trampolining
	Boys		Football Basketball Rugby Union	Football Basketball Rugby Union	Football Basketball Rugby Union	Football Basketball Rugby Union	Football Basketball Rugby Union	Football Basketball Rugby Union	Football Basketball Rugby Union	Dance Handball Rowing	Dance Handball Rowing	Dance Handball Rowing	Dance Handball Rowing	Dance Handball Rowing
		W/C 08/12	W/C 15/12	W/C 05/01	W/C 12/01	W/C 19/01	W/C 26/01	W/C 02/02	W/C 9/02	W/C 23/02	W/C 01/03	W/C 9/03	W/C 16/03	W/C 23/03
									Trust conference 13/02		Data days 05/03 + 06/03	Mock exam fortnight		
Cycle 2	Girls	Basketball Gymnastics Dance Football Trampolining	Basketball Gymnastics Dance Football Trampolining	Dance Football Handball	Dance Football Handball	Dance Football Handball	Dance Football Handball	Dance Football Handball	Dance Football Handball	Lacrosse Badminton Football	Lacrosse Badminton Football	Lacrosse Badminton Football	Lacrosse Badminton Football	Lacrosse Badminton Football
	Boys	Dance Handball Rowing	Dance Handball Rowing	Badminton Gymnastics Trampolining	Badminton Gymnastics Trampolining	Badminton Gymnastics Trampolining	Badminton Gymnastics Trampolining	Badminton Gymnastics Trampolining	Badminton Gymnastics Trampolining	Dance RugbyLeague Lacrosse	Dance RugbyLeague Lacrosse	Dance RugbyLeague Lacrosse	Dance RugbyLeague Lacrosse	Dance RugbyLeague Lacrosse
		W/C 30/03	W/C 20/04	W/C 27/04	W/C 04/05	W/C 11/05	W/C 18/05	W/C 01/06	WC 08/06	W/C 15/06	W/C 22/06	W/C 29/06	W/C 06/07	W/C 13/07
		Bank holiday 03/04			May bank holiday 04/05									
Cycle 3	Girls	Lacrosse Badminton Football	Rounder's Athletics	Rounder's Athletics	Rounder's Athletics	Rounder's Athletics	Rounder's Athletics	Softball Short Tennis Athletics	Softball Short Tennis Athletics	Softball Short Tennis Athletics	Softball Short Tennis Athletics	Softball Short Tennis Athletics	Softball Short Tennis Athletics	Frisbee Danish Long ball Trampolining
	Boys	Dance RugbyLeague Lacrosse	Athletics Softball Short Tennis	Athletics Softball Short Tennis	Athletics Softball Short Tennis	Athletics Softball Short Tennis	Athletics Softball Short Tennis	Athletics Cricket	Athletics Cricket	Athletics Cricket	Athletics Cricket	Athletics Cricket	Athletics Cricket	Frisbee Danish Long ball Trampolining



## **Electives PE**

		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
		W/C 25/8	W/C 01/09	W/C 08/09	W/C 15/09	W/C 22/09	W/C 29/09	W/C 06/10	W/C 13/10	W/C 03/11	W/C 10/11	W/C 17/11	W/C 24/11	W/C 01/12
Cycle 1		Training days									Data days 13/11 + 14/11	Mock exam fortnight		
δ	Single		-FA Player Award -Outdoor Education											
		W/C 08/12	W/C 15/12	W/C 05/01	W/C 12/01	W/C 19/01	W/C 26/01	W/C 02/02	W/C 9/02	W/C 23/02	W/C 01/03	W/C 9/03	W/C 16/03	W/C 23/03
Cycle 2									Trust conference 13/02		Data days 05/03 + 06/03	Mock exam fortnight		
δ	Single	-FA Player Award -Outdoor Education												
		W/C 30/03	W/C 20/04	W/C 27/04	W/C 04/05	W/C 11/05	W/C 18/05	W/C 01/06	WC 08/06	W/C 15/06	W/C 22/06	W/C 29/06	W/C 06/07	W/C 13/07
e 3		Bank holiday 03/04			May bank holiday 04/05									
Cycle	Single	-FA Player Award -Outdoor Education												