

Subject : Physical Education L2 Btec Unit 3

Year Group: 10

	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half term 6
<b>Scheme title</b>	Unit 3 - Learning Aim A - Planning a training program	Unit 3, Learning Aim A - Practise assignment and Assignment 1	Unit 3, Learning Aim B - Body systems	Unit 3, Learning Aim C - Carrying out training programme	Unit 3, Learning Aim D - Evaluate training programme
<b>Purpose of scheme</b>	SOW Overview: Focusing on Learning Aim A, Know how to plan a training program. Understand different plans for different scenarios. With frequent retrieval activities knowledge will start to stick in their long-term memory, allowing them to recall throughout the year. Other activities will allow students to recognise gaps in their knowledge. With 2 progress points will reflect at the end of the unit how they have performed.	SOW Overview: Focusing on Learning Aim A, be able to complete a practise assessment and assignment.	SOW Overview: Focusing on Learning B, Understand body systems and their role in physical exercise.	SOW being rewritten	SOW being rewritten
<b>Knowledge in sequence</b>	SOW being rewritten	SOW being rewritten	SOW being rewritten	SOW being rewritten	SOW being rewritten
<b>Skills</b>	SOW being rewritten	SOW being rewritten	SOW being rewritten	SOW being rewritten	SOW being rewritten
<b>Key Words</b>	SOW being rewritten	SOW being rewritten	SOW being rewritten	SOW being rewritten	SOW being rewritten
<b>End Point</b>	Plan an individual training programme for a given athlete	Plan a personal individual training programme	Describe the structure and function of the skeletal, muscular, cardiovascular and respiratory systems and explain the short effects of exercise on each.	Carry out a successful training programme to improve fitness	Evaluate the success of personal training programme
<b>Assessment method</b>	Progress points 1 and 2	Progress point 3 - Practise assignment End of Unit assignment (LA A)	End of Unit assignment (LA B)	End of Unit assignment (LA C)	End of Unit assignment (LA D)