

**Year: 12**

**Subject: BTEC National – Unit 1 Anatomy & Physiology [2 lessons plus 1]**

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8	
<b>Half Term 1</b> (1 <sup>st</sup> Sept – 23 <sup>rd</sup> October) 8 weeks	<b>Introduction to course and Unit 1</b>	<b>SKELETAL SYSTEM</b> Skeleton / Bones / Joints / movement analysis			<b>RESPONSE TO EXERCISE</b> <b>ADDITIONAL FACTORS</b> How to answer an extended question	Assessmt ONE		Assmt Feedback	<b>October Half Term Holiday</b>
		Introduction to <b>MUSCULAR SYSTEM</b> - types & locations							
<b>Half Term 2</b> (2 <sup>nd</sup> November- 18 <sup>th</sup> December) 7 weeks	<b>Muscle Functions</b>	<b>Movement analysis</b>	<b>Types of contraction</b> Fibre types	Assessment TWO	<b>LEARNING CYCLE ONE DATA INPUT</b>	<b>ADDITIONAL FACTORS</b>	Introduction to <b>RESPIRATORY SYSTEM</b> Pathway of air		<b>Christmas Holiday</b>
				Assmt Feedback			<b>RESPONSE TO EXERCISE</b>		
<b>Half Term 3</b> (4 <sup>th</sup> January – 12 <sup>th</sup> February) 6 weeks	<b>Mechanics of Breathing</b>	<b>BTEC EXTERNAL EXAMS</b>	<b>Gaseous Exchange</b>	<b>Lung Volumes</b>	<b>RESPONSE TO EXERCISE</b>	<b>TRIAL EXAMS Assessment 3</b>		<b>February Half Term Holiday</b>	What does this year contribute towards? How does this year deliver the curriculum intent?
		Neural control				Assmt Feedback			
<b>Half Term 4</b> (22 <sup>nd</sup> February - 26 <sup>th</sup> March) 5 weeks	<b>ADDITIONAL FACTORS</b>	<b>Introduction to CV SYSTEM</b> Pathway of blood	<b>LEARNING CYCLE TWO DATA INPUT</b>	<b>Neural control</b>	<b>RESPONSE TO EXERCISE</b>	<b>Easter Holiday</b>			
			Cardiac cycle & Conduction system						
<b>Half Term 5</b> (12 <sup>th</sup> April – 28 <sup>th</sup> May) 7 weeks	<b>ADDITIONAL FACTORS</b>	<b>Introduction to ENERGY SYSTEMS</b> Role of ATP	<b>PC / LA systems</b>	<b>Energy continuum</b> <b>RESPONSE TO EXERCISE</b>	<b>ADDITIONAL FACTORS</b>	<b>BTEC EXTERNAL EXAM</b>	<b>COMPLETE LEADERSHP UNIT</b>	<b>May Half Term Holiday</b>	
<b>Half Term 6</b> (7 <sup>th</sup> June – 16 <sup>th</sup> July) 6 weeks	<b>COMPLETE LEADERSHP UNIT</b>			<b>LEARNING CYCLE THREE DATA INPUT</b>	<b>WORK EXPERIENCE</b>	<b>Summer Holiday</b>			

# Year:12 BTEC Subject: Unit 4 Sport Leadership


	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8	
<b>Half Term 1</b> (1 <sup>st</sup> Sept – 23 <sup>rd</sup> October) 8 weeks	LAA-Different roles <b>A</b>		Similarities/ differences <b>A</b>		Skills/characteristics of leaders <b>A</b>				<b>October Half Term Holiday</b>
	Qualities of leaders <b>A</b>		Analyse leaders <b>A</b>		Evaluate impact of leaders <b>A</b>				
<b>Half Term 2</b> (2 <sup>nd</sup> November- 18 <sup>th</sup> December) 7 weeks	Wk9	Wk10	Wk11	Wk12	LC1 Wk13	Wk14	Wk15		<b>Christmas Holiday</b>
	LAB-External factors <b>A</b>		Internal factors <b>A</b>		Analysis of scenarios <b>A</b>				
<b>Half Term 3</b> (4 <sup>th</sup> January – 12 <sup>th</sup> February) 6 weeks	Wk16	Wk17	Wk18	Wk19	Wk20	Wk21			<b>February Half Term Holiday</b>
	Evaluate impact <b>A</b>		Types of effective leadership <b>A</b>						
<b>Half Term 4</b> (22 <sup>nd</sup> February - 26 <sup>th</sup> March) 5 weeks	Wk22	Wk23	LC2 Wk24	Wk25	Wk26				<b>Easter Holiday</b>
	LAC Activity plan		Deliver session <b>A</b>		Review of session <b>A</b>				
<b>Half Term 5</b> (12 <sup>th</sup> April – 28 <sup>th</sup> May) 7 weeks	Wk27	Wk28	Wk29	Wk30	Wk31	Wk32	Wk33		<b>May Half Term Holiday</b>
	Wk34	Wk35	Wk36	Wk37	LC3 Wk38	Wk39			
<b>Half Term 6</b> (7 <sup>th</sup> June – 16 <sup>th</sup> July) 6 weeks	Wk34	Wk35	Wk36	Wk37	LC3 Wk38	Wk39			<b>Summer Holiday</b>
	Recommen dations <b>A</b>	Justify <b>A</b>	Catch up/review / start next years units						

This year contribute towards one unit of the first year of a two year BTEC national course. This delivers a curriculum of three learning aims which initially looks at the skills, characteristics and qualities of various leaders and then examines the impact these have on performers . It then leads to examining the psychological factors that effect performance . It concludes with your own attempt at a leadership style and a thorough evaluation of its effectiveness.

# Year:12 BTEC Subject: Unit 2 – Fitness training and programming for health

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8	
<b>Half Term 1</b> (1 <sup>st</sup> Sept – 23 <sup>rd</sup> October) 8 weeks	Positive lifestyle factors		Negative lifestyle factors	Lifestyle modification techniques	Screening processes/interpreting results	Components of a balanced diet	Nutritional strategies	Components of fitness	<b>October Half Term Holiday</b>
		A						A	
<b>Half Term 2</b> (2 <sup>nd</sup> November – 18 <sup>th</sup> December) 7 weeks	Wk9	Wk10	Wk11	Wk12	LC1 Wk13	Wk14	Wk15		<b>Christmas Holiday</b>
	Training methods		Principles of training		Exam prep Q1-Q6				
					A	A	A		
<b>Half Term 3</b> (4 <sup>th</sup> January – 12 <sup>th</sup> February) 6 weeks	Wk16	Wk17	Wk18	Wk19	Wk20	Wk21			<b>February Half Term Holiday</b>
	Final exam prep	Support Unit 1 Exam Final Preparation							
	A								
<b>Half Term 4</b> (22 <sup>nd</sup> February – 26 <sup>th</sup> March) 5 weeks	Wk22	Wk23	LC2 Wk24	Wk25	Wk26				<b>Easter Holiday</b>
	Support Unit 1 Exam Final Preparation								
<b>Half Term 5</b> (12 <sup>th</sup> April – 28 <sup>th</sup> May) 7 weeks	Wk27	Wk28	Wk29	Wk30	Wk31	Wk32	Wk33		<b>May Half Term Holiday</b>
	Support Unit 1 Exam Final Preparation								
<b>Half Term 6</b> (7 <sup>th</sup> June – 16 <sup>th</sup> July) 6 weeks	Wk34	Wk35	Wk36	Wk37	LC3 Wk38	Wk39			<b>Summer Holiday</b>
	Support Unit 4: Sports Leadership								

By the end of January students will have sat one of the mandatory external exams. This unit will give students an insight into the effects of leading a positive and negative lifestyle and provide them with the knowledge on how to provide modification techniques. Students will learn about nutrition and training programmes to improve different fitness needs. After the exam more time will be given to support mandatory/option, specifically preparing for unit 1 exam.

Key  Indicates assessment to meet exam criteria

**Year:12**

**Subject: BTEC National – Unit 7 Practical sports performance**

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8		
<b>Half Term 1</b> (1 <sup>st</sup> Sept – 23 <sup>rd</sup> October) 8 weeks	LEARNING AIM C – PRACTICAL EVIDANCE SPORT 1 & 2								<b>October Half Term Holiday</b>	
	RULES <b>A</b>				REGULATIONS <b>A</b>			OFFICIALS		
<b>Half Term 2</b> (2 <sup>nd</sup> November- 18 <sup>th</sup> December) 7 weeks	Wk9	Wk10	Wk11	Wk12	LC1	Wk13	Wk14	Wk15	<b>Christmas Holiday</b>	
	LEARNING AIM A & B									
	OFFICIALS	SKILLS <b>A</b>				TACTICS				
<b>Half Term 3</b> (4 <sup>th</sup> January – 12 <sup>th</sup> February) 6 weeks	Wk16	Wk17	Wk18	Wk19	Wk20	Wk21	<b>February Half Term Holiday</b>		What does this year contribute towards? How does this year deliver the curriculum intent?  By the end of the year you will have developed new learning strategies, giving yourself the skills to design your own training, select the correct diet and understand how Sport Psychology can affect performance. In the 2 <sup>nd</sup> half of the year you will learn more about the body systems	
	LEARNING AIM A & B									
	TACTICS <b>A</b>	EVALUATE THE USE OF RULES, REGS, SKILLS TACTICS								
<b>Half Term 4</b> (22 <sup>nd</sup> February - 26 <sup>th</sup> March) 5 weeks	Wk22	Wk23	LC2	Wk24	Wk25	Wk26	<b>Easter Holiday</b>			
	LEARNING AIM A & B									
	EVALUATE THE USE OF RULES, REGS, SKILLS TACTICS <b>A</b>									
<b>Half Term 5</b> (12 <sup>th</sup> April – 28 <sup>th</sup> May) 7 weeks	Wk27	Wk28	Wk29	Wk30	Wk31	Wk32	Wk33	<b>May Half Term Holiday</b>		
	LEARNING AIM D – REFLECT ON OWN PERFORMANCE									
	ASSESSMENT METHODS <b>A</b>				ANALYSE OWN PERFORMANCE					
<b>Half Term 6</b> (7 <sup>th</sup> June – 16 <sup>th</sup> July) 6 weeks	Wk34	Wk35	Wk36	Wk37	LC3	Wk38	Wk39	<b>Summer Holiday</b>		
	LEARNING AIM D – REFLECT ON OWN PERFORMANCE									
	<b>A</b>	ANALYSE OWN PERFORMANCE								<b>A</b>

**Year: 12 Subject: BTEC NATIONAL. UNIT 8- Coaching for performance**

■ =LAA ■ =LAC ■ = Practical ● = Assessment/assignment  
■ =LAB ■ =LAD

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8	
<b>Half Term 1</b> (1 <sup>st</sup> Sept – 23 <sup>rd</sup> October) 8 weeks	LAA- Unit intro	LAA-Skills and qualities <span style="color: red;">●</span> A		LAA- Best practice		LAA- Assignment 1 Self reflection <span style="color: red;">●</span> A			<b>October Half Term Holiday</b>
	Small side games	Guest coach		Deliver own sessions-					
<b>Half Term 2</b> (2 <sup>nd</sup> November- 18 <sup>th</sup> December) 7 weeks	Wk9	Wk10	Wk11	Wk12	LC1 Wk13	Wk14	Wk15		<b>Christmas Holiday</b>
	LAB- Practices to develop skills		LAB-Adaptations of practices		LAB- Practices to develop Tactics <span style="color: red;">●</span> A				
	Sample sessions		Deliver own sessions linking to skills and techniques						
<b>Half Term 3</b> (4 <sup>th</sup> January – 12 <sup>th</sup> February) 6 weeks	Wk16	Wk17	Wk18	Wk19	Wk20	Wk21			<b>February Half Term Holiday</b>
	Assignment 2 LAB- producing a report- Practical and Theory <span style="color: red;">●</span> A					LAC-Planning Considerations			
	Deliver own sessions linking to tactics					Practice parts of session			
<b>Half Term 4</b> (22 <sup>nd</sup> February - 26 <sup>th</sup> March) 5 weeks	Wk22	Wk23	LC2 Wk24	Wk25	Wk26				<b>Easter Holiday</b>
	LAC- Assignment Planning individual session <span style="color: red;">●</span> A			LAC – Assignment Planning series of session					
	Practice parts of session	Each week an individual will deliver whole session							
<b>Half Term 5</b> (12 <sup>th</sup> April – 28 <sup>th</sup> May) 7 weeks	Wk27	Wk28	Wk29	Wk30	Wk31	Wk32	Wk33		<b>May Half Term Holiday</b>
	LAC – Assignment Planning series of session		LAD-Delivering for coaching performance <span style="color: red;">●</span> A			LAD assignment- Reflection			
	Each week an individual deliver whole session		Assessment- deliver to Y7 Students Teacher to give feedback and written observation						
<b>Half Term 6</b> (7 <sup>th</sup> June – 16 <sup>th</sup> July) 6 weeks	Wk34	Wk35	Wk36	Wk37	LC3 Wk38	Wk39			<b>Summer Holiday</b>
	LAD assignment- coaching development <span style="color: red;">●</span> A			Catch up					
	Assessment- Teacher give feedback and written observation			Support in summer activities in PE					

What does this year contribute towards?  
 How does this year deliver the curriculum intent?  
 By the end of this unit students will be confident leaders across a range of ages and activities. This is not just a theory unit, much of the learning will be completed practically actually working with children.

# Year: 13 BTEC Subject: UNIT ONE ANATOMY & PHYSIOLOGY [Corona additional lesson]

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8	
<b>Half Term 1</b> (1 <sup>st</sup> Sept – 23 <sup>rd</sup> October) 8 weeks	Introduction to y13 REVISION PLAN	SKELETAL SYSTEM		MUSCULAR SYSTEM			RESPIRATORY SYSTEM		October Half Term Holiday
				TRIAL EXAMS Assessment ONE	Assmt Feedback			LEARNING CYCLE ONE DATA INPUT	
<b>Half Term 2</b> (2 <sup>nd</sup> November- 18 <sup>th</sup> December) 7 weeks	RESPIRATORY SYSTEM		CV SYSTEM		ENERGY SYSTEMS	TRIAL EXAMS Assessment FOUR	ENERGY SYSTEMS	Christmas Holiday	
					Assmt Feedback				
<b>Half Term 3</b> (4 <sup>th</sup> January – 12 <sup>th</sup> February) 6 weeks	ENERGY SYSTEMS	BTEC EXTERNAL EXAMS	COURSEWORK CATCH UP				February Half Term Holiday	What does this year contribute towards? How does this year deliver the curriculum intent?	
		LEARNING CYCLE TWO DATA INPUT							
<b>Half Term 4</b> (22 <sup>nd</sup> February - 26 <sup>th</sup> March) 5 weeks			COURSEWORK CATCH UP			Easter Holiday			
			LEARNING CYCLE THREE DATA INPUT						
<b>Half Term 5</b> (12 <sup>th</sup> April – 28 <sup>th</sup> May) 7 weeks	COURSEWORK CATCH UP					EXTERNAL EXAMS	May Half Term Holiday		
<b>Half Term 6</b> (7 <sup>th</sup> June – 16 <sup>th</sup> July) 6 weeks							Summer Holiday		

**Year:13**

**Subject: BTEC National – Unit 5 Application of Fitness Testing**

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	LC1	Wk7	Wk8	
<b>Half Term 1</b> (1 <sup>st</sup> Sept – 23 <sup>rd</sup> October) 8 weeks	Validity	Reliability	Practicality, Suitability, Ethical			Assignment 1 LA A	LC1	Plan your Fitness tests and justify		<b>October Half Term Holiday</b>
			Practical experience of tests							
<b>Half Term 2</b> (2 <sup>nd</sup> November- 18 <sup>th</sup> December) 7 weeks	Wk9	Wk10	Wk11	Wk12	Wk13	Wk14	Wk15	<b>Christmas Holiday</b>		
	Plan your Fitness tests and justify		Assignment 2 LA B	Assignment 3 – LA B. Video of 6 fitness tests with client						
<b>Half Term 3</b> (4 <sup>th</sup> January – 12 <sup>th</sup> February) 6 weeks	Wk16	LC2	Wk17	Wk18	Wk19	Wk20	Wk21	<b>February Half Term Holiday</b>		
	Ass 4 Record results		Ass 5: Evaluate Own testing		Ass 6: LA C Evaluate Clients Fitness Test Scores					
<b>Half Term 4</b> (22 <sup>nd</sup> February - 26 <sup>th</sup> March) 5 weeks	Wk22	Wk23	LC3	Wk24	Wk25	Wk26	<b>Easter Holiday</b>			
	Practical examples of training	Ass 7: LA C Suggest ways to improve clients weaknesses		Ass 8: LA C Evaluate overall testing						
<b>Half Term 5</b> (12 <sup>th</sup> April – 28 <sup>th</sup> May) 7 weeks	Wk27	Wk28	Wk29	Wk30	Wk31	Wk32	Wk33	<b>May Half Term Holiday</b>		
	CATCH UP TIME / RESIT PREP									
<b>Half Term 6</b> (7 <sup>th</sup> June – 16 <sup>th</sup> July) 6 weeks	Wk34	Wk35	Wk36	Wk37	Wk38	Wk39	<b>Summer Holiday</b>			


What does this year contribute towards? How does this year deliver the curriculum intent?

By the end of the year you will have developed new learning strategies, giving yourself the skills to design your own training, select the correct diet and understand how Sport Psychology can affect performance. In the 2<sup>nd</sup> half of the year you will learn more about the body systems

# Year:13 BTEC Subject: Unit 3 – Professional development in the sports industry

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	LC1 Wk7	Wk8	
<b>Half Term 1</b> (1 <sup>st</sup> Sept – 23 <sup>rd</sup> October) 8 weeks	LAA - Scope and provision of the sports industry		LAA - Careers and jobs in the sports industry		Professional training routes and legislation		Sources of CPD	Assignment 1 - Merit	<b>October Half Term Holiday</b>
<b>Half Term 2</b> (2 <sup>nd</sup> November- 18 <sup>th</sup> December) 7 weeks	LAB - Personal skills audit for potential careers		LAB - Planning personal development towards a career in the sports industry		Maintaining a personal portfolio/record of achievement and experience		Assignment 2- LAA/LAB		<b>Christmas Holiday</b>
<b>Half Term 3</b> (4 <sup>th</sup> January – 12 <sup>th</sup> February) 6 weeks	Wk16	LC2 Wk17	C2: Interviews and selected career pathway-specific skills:			Assignment 3 Practice Interviews			<b>February Half Term Holiday</b>
	LAC: Job applications:								
<b>Half Term 4</b> (22 <sup>nd</sup> February - 26 <sup>th</sup> March) 5 weeks	Wk22	Wk23	LC3 Wk24	Wk25	Wk26	<b>Easter Holiday</b>			
	Assignment 3 Formal Interviews	LAD: Review and evaluation:		LAD: Updated SWOT and action plan:					
<b>Half Term 5</b> (12 <sup>th</sup> April – 28 <sup>th</sup> May) 7 weeks	Wk27	Wk28	Wk29	Wk30	Wk31	Wk32	Wk33		<b>May Half Term Holiday</b>
	LAD – Assignment 4		CATCH UP TIME/RESIT PREP						
<b>Half Term 6</b> (7 <sup>th</sup> June – 16 <sup>th</sup> July) 6 weeks	Wk34	Wk35	Wk36	Wk37	Wk38	Wk39	<b>Summer Holiday</b>		
	CATCH UP TIME/RESIT PREP								

By the end of the year students will have completed the mandatory unit developing their knowledge and understanding of the sports industry exploring the scope, provision, careers and routes within. Students will identify own skills and plan personal development towards a sports career of their choice. This will prepare students to work independently and problem solve and help them develop real life skills required for the workplace. Taking part in formal interviews and creating a portfolio will help students identify key character attributes in order to be successful when applying for jobs.

Key  Indicates assessment to meet exam criteria



**Year:13**

**Subject: BTEC National – Unit 22 – Investigating Businesses in Sport**

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	LC1	Wk7	Wk8	
<b>Half Term 1</b> (1 <sup>st</sup> Sept – 23 <sup>rd</sup> October) 8 weeks	A1: Features and organisation of sport business	A2: Aims and objectives	A4: Customer groups	A5: Stakeholders	Qu 1 Assessment <b>A</b>	B1: Business models (SWOT) <b>A</b>		C1+2: Job roles	<b>October Half Term Holiday</b>	
		A3: Provision of sports facilities		A6: Laws and legislation	Review and improve Qu 1			C2: Types of employment		
<b>Half Term 2</b> (2 <sup>nd</sup> November- 18 <sup>th</sup> December) 7 weeks	Wk9	Wk10	Wk11	Wk12	Wk13	Wk14	Wk15		<b>Christmas Holiday</b>	
	C3+4: Resource management	D1: Marketing and meeting needs of customer	E2: Financing a business	F1: Trends in sport and leisure	F2: Developing strategies	Exam technique practice <b>A</b>	Pre release Exam Prep			
D1: Marketing										
<b>Half Term 3</b> (4 <sup>th</sup> January – 12 <sup>th</sup> February) 6 weeks	Wk16	LC2	Wk17	Wk18	Wk19	Wk20	Wk21		<b>February Half Term Holiday</b>	
	Pre release Exam Prep	Exam	Unit 23: Skill Acquisition / LA C <b>A</b>							
<b>Half Term 4</b> (22 <sup>nd</sup> February - 26 <sup>th</sup> March) 5 weeks	Wk22	Wk23	LC3	Wk24	Wk25	Wk26	<b>Easter Holiday</b>		Up to Christmas in these 2 lessons you will investigate how sport businesses are organised and learn to evaluate these businesses to suggest ways for them to improve. The skills learnt in this unit will help you move into the world of sport business and possibly open up a whole new range of job opportunities post 18. After the exam in January we will move on Skill Acquisition and assist Mr Hopkins key unit, applying psychological theories to sports coaching	
	Unit 23: Skill Acquisition / LA D <b>A</b>									
<b>Half Term 5</b> (12 <sup>th</sup> April – 28 <sup>th</sup> May) 7 weeks	Wk27	Wk28	Wk29	Wk30	Wk31	Wk32	Wk33		<b>May Half Term Holiday</b>	
	Unit 8 and 23 catch up									
<b>Half Term 6</b> (7 <sup>th</sup> June – 16 <sup>th</sup> July) 6 weeks	Wk34	Wk35	Wk36	Wk37	Wk38	Wk39	<b>Summer Holiday</b>			