

**Carmel College Curriculum Implementation – KS5 Long term plan Subject: CTEC Sport and Physical Activity**

	Year 12	Year 13
Autumn half term 1 Sequential knowledge and skills	<p><b>Unit 1: Body Systems and the Effects of Physical Activity</b>                      LO1. Understand the skeletal system in relation to exercise and physical activity                      LO2. Understand the muscular system in relation to exercise and physical activity                      LO3. Understand the cardiovascular system in relation to exercise and physical activity</p>	<p><b>Unit 8: Organisation of sports events</b>                      LO3- Be able to plan and promote a sports event                       LO4- Be able to participate in the delivery of a sports event                      LO5- Be able to review the planning and delivery of a sports event</p> <p><b>Unit 3: Sports Organisation and Development</b>                      LO1. Understand how sport in the UK is organised                      LO2. Understand sports development</p>
Assessment Content and methods used to judge learning	<p>Unit 1: Summative assessment in the form of a test in exam conditions to cover LO1, LO2 and LO3. These tests are made up of every type of question encountered on the final exam- multiple choice, short answer and extended writing. All marks are converted into grades and all progress is tracked on the teacher master spreadsheet and on the students' formative record. Regular homework practice questions are set and marked and the end of LO progress questions are completed.</p>	<p>Unit 8: LO3 completion before leading a sports event in school (LO4) and then evaluating the success of this and their role in the delivery and promotion of the event (LO5),</p> <p>Unit 3: Summative assessment in the form of a test in exam conditions to cover LO1 and LO2. Regular homework practice questions are set and marked and the end of each learning outcome</p>
Autumn half term 2 Sequential knowledge and skills	<p><b>Unit 1: Body Systems and the Effects of Physical Activity</b>                      LO4. Understand the respiratory system in relation to exercise and physical activity                      LO5. Understand the different energy systems in relation to exercise and physical activity</p> <p>Revision in preparation for external exam</p>	<p><b>Unit 2: Sports Coaching and Activity Leadership</b>                      LO1. Know the roles and responsibilities of sports coaches and activity leaders                      LO2. Understand principles which underpin coaching and leading</p> <p><b>Unit 3: Sports Organisation and Development</b>                      LO3. Understand how the impact of sports development can be measured                      LO4. Understand sports development in practice</p>
Assessment Content and methods used to judge learning	<p>Unit 1: Summative assessment in the form of a test in exam conditions to cover LO4 and LO5 for retrieval practice. Regular homework practice questions are set and marked and the end of chapter progress questions are completed.</p> <p><b>Unit 1 – January External Exam</b></p>	<p>Unit 2: Learning outcome 1 and 2 will be assessed via a written coursework. Formative assessment will be used in preparation for this in a series of mini tasks</p> <p>Unit 3: Summative assessment in the form of a test in exam conditions. These tests are made up of every type of question encountered on the final exam- multiple choice, short answer and extended writing. Interleaving of previously covered (and hopefully learned content) is ensured through regular revisit and a</p>

		synoptic focus to testing. Students' record their reevaluation of topic understanding on their formative record sheet.  <b>Unit 3 – January External Exam</b>
Spring half term 3 Sequential knowledge and skills	<b>Unit 17: Sports Injuries and Rehabilitation</b> LO1. Know common sports injuries and their effects LO2. Be able to minimise the risk of sports injuries	<b>Unit 2: Sports Coaching and Activity Leadership</b> LO3. Be able to use methods to improve skills, techniques and tactics in sport LO4. Be able to plan sports and activity sessions
Assessment Content and methods used to judge learning	Unit 17: Students to provide coursework for above learning objectives by February Half Term	Unit 2: Learning outcome 3 and 4 will be assessed via a piece of written coursework. Formative assessment will be used in preparation for this in a series of mini tasks
Spring half term 4 Sequential knowledge and skills	<b>Unit 17: Sports Injuries and Rehabilitation</b> LO3. Be able to respond to acute sports injuries when they occur LO4. Know the role of different agencies in the treatment and rehabilitation of sports injuries  <b>Unit 1 – Revision for exam resit</b>	<b>Unit 2: Sports Coaching and Activity Leadership</b> LO5. Be able to prepare sports and activity environments LO6. Be able to deliver sports and activity sessions  <b>Unit 3 – Revision for exam resit if needed</b>
Assessment Content and methods used to judge learning	Unit 17: Learning outcome 3 will be assessed practically through a series of scenarios (witness statements will be provided). Learning Outcomes 4 and 5 will be written pieces of coursework.  External moderation for Unit 17	Unit 2: Learning outcome 5 will be assessed by an observation along with a witness statement Learning outcome 6 will be assessed via formative assessment with developmental feedback leading to summative assessment in the form of an observation, witness statements and recordings.
Summer half term 5 Sequential knowledge and skills	<b>Unit 17: Sports Injuries and Rehabilitation</b> LO5. Be able to plan a rehabilitation programme for a specific sports injury  <b>Unit 1 – Revision for exam resit if needed</b>	<b>Unit 2: Sports Coaching and Activity Leadership</b> LO7. Be able to review sports and activity sessions  <b>Unit 3 – Revision for exam resit if needed</b>
Assessment Content and methods used to judge learning	Unit 17: Learning Outcome 5 will be a written piece of coursework based on somebody who has suffered an injury or a case study.  <b>May – external virtual moderation</b>  <b>Unit 1 external exam resit</b>	Unit 2: Learning outcome 7 will be a written piece of coursework  <b>May – External virtual moderation of Units 8 and unit 2</b>  <b>Unit 3 –external exam resit</b>

<p>Summer half term 6 Sequential knowledge and skills</p>	<p><b>Unit 8: Organisation of sports events</b> LO1- Know different types of sports events and their purpose</p> <p>LO2- Know the different roles and responsibilities involved in the planning and delivery of sports events</p> <p>LO3- Be able to plan and promote a sports event</p>	<p><b>Unit 2: Sports Coaching and Activity Leadership</b> All LO's to be amended based on considerations given during moderation in HT5</p> <p><b>Unit 8:</b> All LO's to be amended based on considerations given during moderation in HT5</p>
<p>Assessment Content and methods used to judge learning Assessment</p>	<p>Deadline for completion of LO1 and LO2 for Unit 8.</p> <p>Re-moderation for Unit 17 (mid-June) in the event of any problems from the May moderation.</p>	<p>Unit 2: Students to make amendments to coursework based on considerations given by moderator.</p> <p>Unit 8: Students to make amendments to coursework based on considerations given by moderator.</p> <p>Re-moderation for Unit 8 and 2 if required.</p>