

	Autumn1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 12 N. Walsh	Unit 1: Skeletal system	Unit 1: Muscular system	Unit 1: Respiratory system	Unit 1: Cardiovascular system	Unit 1: Energy	Unit 7: Practical Sport
	Wk 1: Bones, areas of the skeleton, bone types, VC	Wk 1: Types of muscle, muscle locations	Wk 1: Structure of R/S system	Wk 1: Structure of heart	Wk 1: ATP/PC & Lactate system	BADMINTON: WK 1 & 2: NGB rules & regs Wk 3: Competition rules
	Wk 2: Bone growth, functions of the skeleton	Wk 2: Muscle functions	Wk 2: Mechanics & control of breathing.	Wk 2: Blood vessels, composition of blood	Wk 2: Aerobic system. Energy systems in combo	Wk 4: Unwritten rules, etiquette, sportsmanship
	Wk 3: Joint types, synovial joints	Wk 3: Antagonistic muscle pairs	Wk 3: Gas exchange. Lung volumes	Wk 3: Functions of CV system	Wk 3: Adaptations of energy systems to exercise	Wk 5: Roles and responsibilities of officials
	Wk 4: Movements at joints	Wk 4: Types of muscle contraction. Muscle fibres	Wk 4: Effects of exercise	Wk 4: Nervous control of cardiac cycle	Wk 4: Additional factors. Revision of energy systems	Wk 6: Technical demands Practical performance alongside the above
	Wk 5: Effects of exercise	Wk 5: Effects of exercise	Wk 5: Additional factors	Wk 5: Effects of exercise	Wk 5: REVISION FOR EXAM	
	Wk 6: Additional factors	Wk 6: Additional factors, revision and test	Wk 6: Revision and test.	Wk 6: Additional factors, revision and test	Wk 6: REVISION FOR EXAM	
Final Assessment	Skeletal system test	Muscular system test	R/S system test	CV system test	EXTERNAL EXAM	
	Autumn1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 12 R. Acton	Unit 2: Q3 Nutrition	Unit 2: Q1 interoperate the data	Unit 2: Q2 lifestyle modifications	Unit 2: Q 4 and 5 fitness training	Unit 2: Q6 and exams notes prep.	Unit 25: Rules & Regulations in Sport
	Wk 1: Intro. "My big fat diet"	Wk 1: How to gather data	Wk 1: Lifestyle modifications & alcohol	Wk 1: Components of fitness and skill	Wk 1: Justify choices	Wk 1: Officials and their historical development
	Wk 2: Key content	Wk 2: Alcohol	Wk 2: Smoking	Wk 2: Training methods	Wk 2: Key content .	Wk 2: History of the devt of officials – dif types of officials in.
	Wk 3: Benefits of a balanced diet	Wk 3: Smoking	Wk 3: Stress and Sleep	Wk 3: Training types	Wk 3: Practice of Q6.	Wk 3: Roles of the officials
	Wk 4: Strategies to improve diet	Wk 4: Stress and Sleep	Wk 4: Physical Activity	Wk 4: HR zones	Wk 4: Organising exam notes	Wk 4: Responsibilities of the officials.
	Wk 5: Fluid intake	Wk 5: Physical activity	Wk 5: Diet	Wk 5: Periodisation	Wk 5: Complete exam notes.	Wk 5 & 6: Current issues in officiating
	Wk 6: Nutritional strategies	Wk 6: Diet	Wk 6: Strategy for answering Q2	Wk 6: Strategy for answering Q4 and 5	Wk 6: Tailor notes based on scenario.	
Final Assessment:	Q3 Practice test.	Q1 practice test	Q2 practice test	Q4 and 5 practice test	EXTERNAL EXAM	Written report

	Autumn1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 12 T. Horner	Unit 5: Fitness Testing	Unit 5: Fitness Testing	Unit 5: Fitness Testing	Unit 3: Prof Devt	Unit 3: Prof Devt	Unit 3: Prof Devt
	Wk 1: Validity & reliability Wk 2: Practicality and suitability of fitness tests Wk 3: Ethical issues Wk 4 & 7: Fitness tests to assess components of physical fitness (practical)	Wk 1 - 4: Fitness tests to assess components of skill-related fitness (practical) Wk 5: Produce a fitness profile for a selected sports performer Wk 6: Providing feedback to a selected sports performer (written)	Wk 1 & 2: Providing feedback to a selected sports performer (written) Wk 3 & 4: Providing feedback to a selected sports performer (practical) Wk 5 & 6: Providing feedback to a selected sports performer (Assessment)	Wk 1: Scope and provision of the sports industry Wk 2: Careers and jobs in the sports industry (theory) Wk 3: Careers and jobs in the sports industry (practical) Wk 4: Professional training routes, legislation, skills Wk 5: Industry standards, Safeguarding, Qualification & professional bodies Wk 6: Career pathways	Wk 1: Personal skills audit for potential careers Wk 2: SWOT (strengths, weaknesses, opportunities, threats) analysis. Wk 3: Planning personal devt towards a career in the sports industry Wk 4 & 5: Professional devt activities – workshops, training, job shadowing, self-reflection (practical) Wk 6: Maintaining a personal portfolio/record of achievement & experience	Wk 1: Job applications Wk 2 - 4: Interviews and selected career pathway-specific skills (practical) Wk 5: Reflect on the recruitment and selection process and your individual performance Wk 6: Updated SWOT and action plan
Final Assessment:	Fitness Tests & Written Report	Fitness Tests & Written Report	Providing feedback to a performer (written & videoed)	Written Report	Written Report	Video Assessment & Written Report

	Autumn 1 LWR / DMN	Autumn 2 LWR / DMN	Spring 1 LWR	Spring 2 LWR	Summer 1 LWR	Summer 2 LWR
Year 13	Unit: 22 Investigating business in the sport & active leisure industry	Unit: 22 Investigating business in the sport & active leisure industry	Unit: 23 Skill Acquisition in sport	Unit: Skill Acquisition in sport	Unit: Skill Acquisition in sport	Unit: Skill Acquisition in sport
	Wk 1: Features,organisation of sport businesses.	Wk 1: Job roles and person specifications	Wk 1: Learning & performance	Wk 1: Information processing models	Wk 1: Behaviourist theories	Wk 1: Presentation of skills
	Wk 2: Aims & objectives of sport businesses	Wk 2: Types of employment	Wk 2: Characteristics of skills	Wk 2: Perception	Wk 2: Cognitive theories	Wk 2: Types of practice
	Wk 3: Provision of sports facilities, programmes & services.	Wk 3: Human resource management	Wk 3: Characteristics and classification of skills continued.	Wk 3: Decision making and reaction time	Wk 3: Phases of skill learning	Wk 3: Styles of teaching & learning
	Wk 4: Customer groups	Wk 4: Physical resource mgt of sports facilities or environment	Wk 4: Characteristics and classification of abilities	Wk 4: Types of feedback	Wk 4: Transfer of learning	Wk 4: Methods of guidance
	Wk 5: Stakeholders' influence on sports businesses.	Wk 5: Financing a business in sport and active leisure	Wk 5: Assignment preparation and writing	Wk 5: Assignment preparation and writing	Wk 5: Assignment preparation and writing	Wk 5: Assignment writing
	Wk 6: Laws, legislation & safeguarding	Wk 6: Financial records	Wk 6: Assignment writing	Wk 6: Assignment writing	Wk 6: Assignment writing	
Final Assessment:	Section A mini exam	Section C & F mini test. External exam	Completion of learning aim A assignment	Completion of learning aim B assignment	Completion of learning aim C assignment	Completion of learning aim D assignment

	Spring 1	Spring 2	Summer 1
Year 13 D. Middleton	Unit: Practical Sports	Unit: Practical Sports	Unit: Practical Sports
	Wk 1: FOOTBALL - field of play, ball& players, equipment	Wk 1: Tactical demands applied in sports performance	Wk 1: Assessment methods to review skill performance, techniques & tactics in sports
	Wk 2: Offside, corner, throw in, penalty, indirect free kick, direct free kick, goal kick	Wk 2: Develop skills, techniques & tactics	Wk 2: SWOT analysis, performance profiling.
	Wk 3: Etiquette of game, officials' roles & responsibilities	Wk 3: Safe, appropriate practical performance demo & participation	Wk 3: Use of tech; Testing; Interviews. Subjective; Observations.; Objective performance data
	Wk 4: Olympic football. Applying the rules	Wk 4: Isolated & conditioned practices and competitive situations.	Wk 4: Review performance in selected sports
	Wk 5: Applying the rules	Wk 5: Competitive situations, under NGB rules with match officials & appropriate opposition	Wk 5: Developments to improve performance
		Wk 6: Effective use of skills, techniques & tactics in competitive situations. Effective decision making, skill selection, techs & tactics under pressure	
Final Assessment:	Presentation	Practical demonstration	Written report

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 13 T. Horner	Unit 4: Sports Leadership	Unit 4: Sports Leadership	Unit 4: Sports Leadership	Unit 25: Rules & Regs	Unit 25: Rules and Regs	Unit 25: Rules and regs
	<p>Wk 1 & 2: Different leadership roles</p> <p>Wk 3 & 4: Skills, qualities, characteristics and application</p> <p>Wk 5 & 6: Importance and effective use of skills, qualities and characteristics when leading</p>	<p>Wk 1 & 2: Psychological factors that could impact on leadership</p> <p>Wk 3 & 4: Leadership and psychological factors</p> <p>Wk 5 & 6: Expectations of leadership</p>	<p>Wk 1 & 2: Practical skills required for different leadership styles</p> <p>Wk 3 & 4: Leading a sport and exercise activity</p> <p>Wk 5: Effectiveness and impact of leadership on a sport and exercise activity</p>	<p>Wk 1: Current issues in officiating</p> <p>Wk 2: Applying rules/laws and regulations to different situations</p> <p>Wk 3: Analysing officials in different sports</p> <p>Wk 4: Undertake the role of an official in a competitive sport</p> <p>Wk 5 & 6: Officiating in full match</p>	<p>Wk 1 - 4: Officiating in a full match/game</p> <p>Wk 5: Review performance</p>	<p>Wk 1-3: Feedback from participants, supervisors, observers; video analysis; formative & summative feedback</p> <p>Wk 4-6: Effects on participants' performance; strengths & areas for improvement; personal reflection; devt plan</p>
Final Assessment:	Written report	Video and Written Report	Written report	Written report	Written report	Practical demonstration