



	Autumn1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 12</b> <b>N. Walsh</b>	<b>Unit: Skeletal system</b>	<b>Unit: Muscular system</b>	<b>Unit: Respiratory system</b>	<b>Unit: Cardiovascular system</b>	<b>Unit: Energy</b>	<b>Unit: Practical Sports Performance</b>
	Wk 1: Bone locations, areas of the skeleton, types of bones, vertebral column Wk 2: Bone growth, functions of the skeleton	Wk 1: Types of muscle, muscle locations  Wk 2: Muscle functions	Wk 1: Structure of R/S system  Wk 2: Mechanics of breathing. Control of breathing	Wk 1: Structure of heart  Wk 2: Structure of blood vessels, composition of blood	Wk 1: ATP/PC system, Lactate system  Wk 2: Aerobic system. Energy systems in combo	Wk 1: FOOTBALL - field of play, ball and the players, players' equipment Wk 2: offside, corner, throw in, penalty, indirect free kick, direct free kick, goal kick Wk 3: Etiquette of game, officials' roles & responsibilities
	Wk 3: Joint types, synovial joints	Wk 3: Antagonistic muscle pairs	Wk 3: Gas exchange. Lung volumes	Wk 3: Functions of the CV system	Wk 3: Adaptations of energy systems to exercise	Wk 4: Olympic football. Applying the rules
	Wk 4: Movements at joints	Wk 4: Types of muscle contraction. Muscle fibres	Wk 4: Effects of exercise & training on R/S system	Wk 4: Nervous control of the cardiac cycle	Wk 4: Additional factors. Revision of energy systems	Wk 5: Applying the rules
	Wk 5: Effects of exercise & training on skeletal system	Wk 5: Effects of exercise & training on muscular system	Wk 5: Additional factors	Wk 5: Effects of exercise & training on CV system	Wk 5: REVISION FOR EXAM	
	Wk 6: Additional factors, revision and test	Wk 6: Additional factors, revision and test	Wk 6: Revision and test.	Wk 6: Additional factors, revision and test	Wk 6: REVISION FOR EXAM	Wk 6: BADMINTON – court of play, net, posts
<b>Final Assessment:</b>	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
<b>Year 12</b> <b>R. Acton</b>	<b>Unit: Q3 Nutrition</b>	<b>Unit: Q1 interoperate the data</b>	<b>Unit: Q2 lifestyle modifications</b>	<b>Unit: Q 4 and 5 fitness training</b>	<b>Unit: Q6 and exams notes prep.</b>	<b>Unit:</b>
	Wk 1: Intro and "My big fat diet"	Wk 1: How we gather data	Wk 1: What are lifestyle modifications and Alcohol	Wk 1: Components of fitness and skill	Wk 1: How do they justify what they have done.	Wk 1:
	Wk 2: Key content	Wk 2: Alcohol	Wk 2: Smoking	Wk 2: Training methods	Wk 2: Key content needed in Q6.	Wk 2:
	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:
	Wk 4: Strategies to improve diet	Wk 4: Stress and Sleep	Wk 4: Physical Activity	Wk 4: Hr zones	Wk 4: How to organise exam notes and what to include.	Wk 4:

	Wk 5: Fluid intake  Wk 6: Nutritional strategies	Wk 5: Physical activity  Wk 6: Diet	Wk 5: Diet  Wk 6: Q2 how to answer and practice question	Wk 5: Periodisation  Wk 6: Q4 and 5 How to answer and practice question	Wk 5: Complete exam notes.  Wk 6: Alter to 4 pages based on scenario.	Wk 5:  Wk 6:
<b>Final Assessment:</b>	Q3 how to answer and practice question.	Q1 how to answer and practice question.	Q2 how to answer and practice question	Q4 and 5 practice	<b>EXTERNAL EXAM</b>	

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

	<b>Autumn1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 13 R. Ince</b>	<b>Unit: 22 Investigating business in the</b>	<b>Unit: 22 Investigating business in the</b>	<b>Unit: 23 Skill Acquisition in sport</b>	<b>Unit: Skill Acquisition in sport</b>	<b>Unit: Skill Acquisition in sport</b>	<b>Unit: Skill Acquisition in sport</b>

	<b>sport and active leisure industry</b>	<b>sport and active leisure industry</b>				
	Wk 1: Features and organisation of sport and active leisure businesses.	Wk 1: Job roles and person specifications	Wk 1: Learning and performance	Wk 1: Information processing models	Wk 1: Behaviourist theories	Wk 1: Presentation of skills
	Wk 2: Aims and objectives of sport and active leisure 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, and 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
	Wk 4: Customer groups in a sport and active and leisure business.	Wk 4: physical resource management of sports and active leisure facility or sports environment.	Wk 4: Characteristics and classification of abilities	Wk 4: Types of feedback	Wk 4: Transfer of learning	Wk 4: Styles of learning
	Wk 5: Stakeholders and their influence on sports and active leisure business.	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: Methods of guidance
	Wk 6: Laws, legislation and safeguarding relevant to the sports and active leisure industry.	Wk 6: Financial records	Wk 6: Assignment writing	Wk 6: Assignment writing	Wk 6: Assignment writing	Wk 6: Assignment writing
<b>Final Assessment:</b>	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

	<b>Autumn1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 13 R. Acton</b>	<b>Unit: 22 Investigating business in the sport and active leisure industry</b>	<b>Unit: 22 Investigating business in the sport and active leisure industry</b>	<b>Unit: Practical Sports Performance</b>	<b>Unit: Practical Sports Performance</b>		
	<p>Wk 1: Introduce business models.</p> <p>Wk 2: SWOT business model.</p> <p>Wk 3: PESTLE business model.</p> <p>Wk 4: Benefits of SWOT and PESTLE.</p> <p>Wk 5: Continue with the benefits and differences.</p> <p>Wk 6: Assessment task on business models.</p>	<p>Wk 1: Introduction into marketing.</p> <p>Wk2: 7P's of marketing</p> <p>Wk 3: Research a SAL business.</p> <p>Wk 4: the importance of SAL.</p> <p>Wk 5: Apprentice style task individually.</p> <p>Wk 6: Topic revision.</p> <p>Wk 7: Presentations on trends and potential business opportunities.</p> <p>Wk 8: Taking advantage of trends and revision and note preparation.</p>	<p>Wk 1: Examine competition rules/laws and regs</p> <p>Wk 2: Unwritten rules/etiquette of sport. Correct v incorrect decisions</p> <p>Wk 3: Roles and responsibilities of officials</p> <p>Wk 4: Technical demands of football or badminton</p> <p>Wk 5: tactical demands of football or badminton</p> <p>Wk 6: demonstrate the technical and tactical demands of football or badminton</p>	<p>Wk 1: Reflect on practical performance using assessment methods</p> <p>Wk 2: Review performance in the selected sports, identifying strengths and weaknesses</p> <p>Wk 3: Activities to improve performance: aims &amp; objs, short- and long-term goals, SMART, opportunities e.g. training programmes, courses, quals, where to seek help and advice.</p>		

<b>Final Assessment:</b>						

	<b>Autumn1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 13 T. Horner</b>	<b>Covid catch up</b>	<b>Unit: Rules and Regs</b>	<b>Unit: Rules and regs</b>	<b>Unit: Prof Devt</b>	<b>Unit: Prof Devt</b>	<b>Unit: Prof Devt</b>
	Completing video evidencing for yr 12 units.	<p>Wk 1: Rules, laws and regs</p> <p>Wk 2: History of the devt of officials – the dif types of officials in di sports.</p> <p>Wk 3: Roles &amp; responsibilities of the officials</p> <p>Wk 4: Current issues in officiating in sport</p> <p>Wk 5: Applying rules/laws and regs to different situations</p> <p>Wk 6: Analysing officials in different sports</p>	<p>Wk 1 - 3: Undertake the role of a match official in a competitive sport</p> <p>Wk 5-6: Review performance</p>	<p>Wk 1: Scope and provision of the sports industry</p> <p>Wk 2: Careers and jobs in the sports industry (theory)</p> <p>Wk 3: Careers and jobs in the sports industry (practical)</p> <p>Wk 4: Professional training routes, legislation, skills in the sports industry</p> <p>Wk 5: Industry standards, Safeguarding and Qualification and professional bodies</p> <p>Wk 6: Career pathways</p>	<p>Wk 1: Personal skills audit for potential careers</p> <p>Wk 2: SWOT analysis</p> <p>Wk 3: Planning personal devt towards a career in the sports industry</p> <p>Wk 4: Professional devt activities – workshops, training, job shadowing, self reflection (practical)</p> <p>Wk 5: Maintaining a personal portfolio /record of achievement and experience</p>	<p>Wk 1: Job applications</p> <p>Wk 2 - 4: Interviews and selected career pathway specific skills (practical)</p> <p>Wk 5: Reflect on the recruitment and selection process and your individual performance</p> <p>Wk 6: Updated SWOT analysis</p>
<b>Final Assessment:</b>		Written report	Video and Written Report	Written Report	Written Report	Written Report and video evaluation