

Year 12 BTEC Sport

Subject Intent: Our PE curriculum, through a stimulating and enjoyable programme of study and enrichment opportunities, enables all students to build a love and appreciation for physical activity, so they confidently participate in exercise beyond school and lead and maintain a healthy active lifestyle in adulthood. Leadership development is threaded through all aspects of our curriculum to create articulate and confident young people who make a positive contribution to their community.

	Autumn Term 1 Autumn Term 2	Spring Term 1 Spring Term 2	Summer Term 1 Summer Term 2
Big idea/Theme	Anatomy & Physiology	Fitness Training and Programming for Health, Sport and Wellbeing.	Sports Leadership
Big Idea/Theme	Practical Sports Performance	Skill Acquisition in Sport	
Knowledge that needs to stick	<p>Anatomy & Physiology- Structure of the skeletal system, function of the skeletal, joints, responses of the skeletal system, adaptations of the skeletal system, the effects of exercise and sports performance on the muscular system, the effects of exercise and sports performance on the respiratory, effects of sport and exercise performance on the cardiovascular system and energy systems.</p> <p>Practical Sports Performance- NGB, roles and responsibilities of officials, technical and tactical demands of different sports, analysis models.</p> <p>Fitness Training and Programming for Health, Sport and Wellbeing- positive and negative lifestyle factors, lifestyle modification techniques, screening processes, interpreting results and data, nutritional needs, components of fitness, methods of training, principles of training.</p> <p>Skill Acquisition in Sport- learning and performance, characteristics and classification of skills and abilities, information processing, theories of teaching and learning in sport, teaching and learning strategies.</p> <p>Sports Leadership- roles, qualities and characteristics of a sports leader, effective use of skills, qualities and characteristics when leading, psychological factors that could effect leadership, leadership styles.</p>		
Demonstration of Knowledge (Assessment)	<p>Anatomy & Physiology- Mock exams and external assessment</p> <p>Practical Sports Performance – 3 Assignments – powerpoints, reports, practical demonstration, analysis, and action plan.</p> <p>Fitness Training and Programming for Health, Sport and Wellbeing- Mock exams and external assessment.</p> <p>Skill Acquisition in Sport- report, resource card, practical demonstration, evaluation.</p> <p>Sports Leadership- report, practical demonstration, self-analysis, and action plan.</p>		
Links to key stage 2/ prior knowledge needed	<p>Components of fitness</p> <p>Methods of training</p> <p>Muscular and skeletal system</p> <p>Basic rules and regulations of varying individual and team sports</p>		

	Healthy eating- eat well charter Negative and positive lifestyle factors- diet, sleep, smoking, alcohol, stress.				
Skill set development	Aiming high Staying Positive	Teamwork Staying Positive	Aiming High Staying Positive Problem Solving	Creativity Leadership Speaking & listening Staying Positive	Creativity Leadership Speaking & listening Staying Positive
Key Vocabulary (Tier 2/ Tier 3)	Analyse Assess Describe Discuss Evaluate Explain Give Identify State Name Cardiorespiratory Musculoskeletal Synovial Mitochondria Lactate Glycogen	Summarise Discuss Assess Demonstrate Justify Evaluate Technique Tactics Governing Body	Interpretation Justification Qualitive Evidence Quantative Evidence Relevance Calories Nutrition Lifestyle BMI Psychological Techniques Screening	Investigate Examine Explore Carry out Explain Produce Strategies Styles Psychological Theories Performance	Understand Examine Explore Evidence Justify Leadership Strategies Characteristics
Reading and Oracy	Sample Marked Answers Examiners Reports Exam Papers	Presentations Team practical activities Officiating	Sample Marked Answers Examiners Reports Exam Papers	Presenting Delivering and leading practical sessions	Presenting Delivering and leading practical sessions
Numeracy	Calculating Heart Rate	Dimensions	BMI, Heart Rate, Blood pressure, calories	Reading graphs	Score systems, group organisation

Opportunities					
Careers	Paramedic Physiotherapist Personal Trainer	Sports Coach PE Teacher	Nutritionist Personal Trainer	Sports Coach PE Teacher	Sports Coach PE Teacher
SMSC including British Values, Culture and Diversity	Exploring different cultures in sport Respect Obeying rules/laws.				
Relationship and Sex Education and Health Education	Anatomy- cardiorespiratory	Relationships when working in teams. Difference between officials and coaches.	Healthy eating- calories, lifestyle factors (positive and negative), Mental Health	Relationships between leader and student.	Relationships between leader and student.