

Subject: Level 3 Sport Btec Nationals

Year group: 12

Department Curriculum Vision: *Students are **physically literate, passionate** about sport and understand the importance of **lifelong participation**. Students will be **confident individuals**, developing a variety of attributes that will enable them to excel in the classroom and beyond.*

	Autumn Term 1	Autumn Term 2
Content: (Know what...)	Unit 2 - Fitness training and Programming for Health, Sport and Well-being Learning Aim A - Examine lifestyle factors and their effect on health and well-being Learning Aim B - Understand the screening processes for training programming Learning Aim C - Understand programme related nutritional needs Unit 5 - Application of Fitness Testing Learning Aim A - Understand the principles of fitness testing	Unit 2 - Fitness training and Programming for Health, Sport and Well-being Learning Aim D - Examine training methods for different components of fitness Learning Aim E - Understand training programme design Unit 5 - Application of Fitness Testing Learning Aim B - Explore fitness tests for different components of fitness
Skills: (know how...)	- Define and explain key terms - Answer examination questions - Analyse and interpret data - Evaluate data - Plan appropriate fitness testing	- Define and explain key terms - Answer examination questions - Analyse and interpret data - Evaluate data - Compare fitness test - Select appropriate tests - Recall test procedures

Key vocabulary	Unit 2 Diet, government recommendations, smoking, alcohol, stress, sedentary lifestyle, screening questionnaires, blood pressure, resting heart rate, BMI, DRVs, energy, carbohydrates, protein, fats, micronutrients, hydration Unit 5 Validity, reliability, suitability, practicality, ethical clearance, normative data	Unit 2 Physical fitness, skill-related fitness, aerobic endurance training methods, muscular strength training, muscular endurance training, core stability training, flexibility training, speed training, balance training, coordination training, power training, reaction time training, principles of training, periodisation Unit 5 Sit and reach, shoulder flex test, calf muscle flex test, trunk rotation test, 1RM test, grip dynamometer, seven stage abdominal strength test, VO2 max test, multi-stage fitness test, 12 minute cooper run, harvard step test, rockport walk test, sprint tests, one-minute press-up test, one-minute sit up test, wall sit test, skinfold caliper testing, BIA, BMI, girth measurements, illinois agility run test, side step test, T-test, stork stand test, beam walk, wall-toss test, vertical jump test, standing long jump, margaria kalamen power test, seated medicine ball throw, wingate test, ruler drop test
Mid Term Assessment	Mid-topic test Coursework tasks	Exam prep Coursework tasks
End Term Assessment	End of topic test Coursework tasks	Exam Coursework tasks
	Spring 1	Spring 2

Content: (Know what...)	Unit 5 - Application of Fitness Testing Learning Aim C - Undertake evaluation and feedback of fitness test results Unit 6 - Sports Psychology Learning Aim A - Understand how personality, motivation and competitive pressure can affect sport performance	Unit 6 - Sports Psychology Learning Aim B - Examine the impact of group dynamics in team sports and its effect on performance Unit 4 - Sports Leadership Learning Aim A - Understand the roles, qualities and characteristics of an effective sports leader
Skills: (Know how...)	- Evaluate test results - Compare to normative data - Produce a individual portfolio identifying strengths, weaknesses and suggestions for improvement - Recall, explain and analyse personality and motivation including anxiety, stress and self-confidence impact on sports performance	- Discuss, analyse and evaluate skills, qualities and characteristics in relation to sports leadership - Produce sociograms - Explain sociogram results - Describe and analyse how group cohesion and leadership can affect sports performance

Key vocabulary	Unit 5 Normative data, feedback, test results, strengths and areas for improvement Unit 6 Personality, motivation, social learning theory, type A, type B, intrinsic motivation, extrinsic motivation, achievement motivation, attribution theory, arousal, inverted-U hypothesis, catastrophe theory, IZOF, attentional focus, choking, stress, anxiety, confidence, Bandura's self-efficacy theory	Unit 6 Forming, storming, norming, performing, Steiner's model, Ringlemann effect, social loafing, cohesion, leadership Unit 4 Leadership roles, rapport, organisation, knowledgeable, communication, confidence, role model, commitment
Mid Term Assessment	Coursework tasks	Coursework tasks
End Term Assessment	Coursework tasks	Coursework tasks
	Summer 1	Summer 2
Content: (Know what...)	Unit 6 - Sports Psychology Learning Aim C - Explore psychological skills training programmes designed to improve performance Unit 4 - Sports Leadership Learning Aim B - Examine the importance of psychological factors and their link with effective leadership	Unit 6 - Sports Psychology Learning Aim A, B and C Coursework Unit 4 - Sports Leadership Learning Aim C - Explore an effective leadership style when leading a team during sport and exercise activities
Skills: (Know how...)	- Describe psychological skills that could improve sports performance - Design a psychological skills training programme - Explain and evaluate your psychological skills training programme	- Write coursework to a high standard, meeting all deadlines - Produce a practical session demonstrating a chosen leadership style - Justify your leadership style and its impact on team performance

Key vocabulary	Unit 6 Self-talk, goal setting, motivation, outcome goals, process goals, mastery goals, competitive goals, arousal control, relaxation techniques, energising techniques, imagery, psychological training programme Unit 4 Team cohesion, group formation, social loafing, personality, motivation, arousal, anxiety, confidence, attribution theory, self-esteem, self-serving bias, intentional behaviour, situational leadership, transformational leadership, transactional leadership	Unit 4 Autocratic, democratic, laissez-faire, transformational, paternalistic, session outcomes, SMARTER targets, resources, safety, risk assessment, leader-led delivery, participant-led delivery, auditory learners, visual learners, kinaesthetic learners, demonstration, differentiation, debrief, formative assessment, summative assessment
Mid Term Assessment	Coursework tasks	Coursework tasks
End Term Assessment	Coursework tasks	Coursework complete
Additional information		
Homework	Research tasks on relevant topics Coursework tasks Revision tasks	
Extra curricular and enrichment opportunities	Opportunities to learn about careers (external speakers, tasks and conversations with teacher) Leadership opportunities in sports clubs	
Useful links that will support learning		

How parents can support learning	Monitor Show my Homework to support students with their organisation of homework Support and motivate students with coursework and deadlines, echo importance of completing all coursework to a high standard Support students with revision (flash cards, mind maps, questions etc)
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	Autumn Term 1	Autumn Term 2
Content: (Know what...)	Unit 1 - Anatomy and physiology Learning Aim A - The effects of exercise and sports performance on the skeletal system Learning Aim B - The effects of exercise and sports performance on the muscular system Learning Aim C - The effects of exercise and sports performance on the respiratory system Unit 3 - Professional development in the sports industry Learning Aim A - Understand the career and job opportunities in the sports industry Learning Aim B - Explore own skills using a skills audit to inform a career development action plan	Unit 1 - Anatomy and physiology Learning Aim D - The effects of exercise and sports performance on the cardiovascular system Learning Aim C - The effects of exercise and sports performance on the energy systems Unit 3 - Professional development in the sports industry Learning Aim B - Explore own skills using a skills audit to inform a career development action plan Learning Aim C - Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway
Skills: (know how...)	Answer exam style questions - Definitions, explanations, analyses, comparisons, evaluation Write coursework - Research job opportunities, produce a skills audit for a career development action plan	Answer exam style questions - Definitions, explanations, analyses, comparisons, evaluation Write coursework - Develop a skills audit for a career development action plan, apply for a job using a job description, undergo a mock interview

Key vocabulary	Unit 1 Skeletal system - bones, axial skeleton, appendicular skeleton, bone growth, functions of the skeleton, bone types, joints, synovial joints, range of movement at joints, responses to exercise Muscular system - skeletal muscle, cardiac muscles, smooth muscle, major skeletal muscles, antagonistic muscle pairs, types of contraction, fibre types, responses to exercise Respiratory system - structure and function, mechanisms of breathing, control of breathing, gaseous exchange, lung volumes, responses to exercise Unit 3 Sports provision, geographical factors, environment, infrastructure, socio-economic factors, seasonal factors, public sector, private sector, voluntary sector, third sector, public/private partnerships, full-time, part-time, fixed-term, self-employment, zero-hour contract, apprenticeships, career pathways, safeguarding, DBS, health and safety, professional bodies, CPD	Unit 1 Cardiovascular system - structure of the heart, blood vessels and composition of blood, function, nervous control of cardiac cycle, sympathetic and parasympathetic nervous system, responses to exercise Energy systems - ATP, ATP-PC, lactate system, aerobic system, responses to exercise Unit 3 Interests and accomplishments, personal qualities, basic skills, experience, qualifications, employability skills, specific technical skills, SWOT analysis, career action planning, SMARTER, career development action plan, portfolio, job advertisement, personal CV, letter of application, interviews, presentation skills, observation, feedback, employer evaluation
Mid Term Assessment	Mid-topic test Coursework tasks	Exam Prep Coursework tasks
End Term Assessment	End of topic test Coursework tasks	EXAM Coursework tasks
	Spring 1	Spring 2

Content: (Know what...)	Unit 3 - Professional development in the sports industry Learning Aim D - Reflect on the recruitment and selection process and your individual performance	Unit 10 - Sports Event Organisation Learning Aim A - Investigate how different sports events are planned and delivered Learning Aim B - Develop a proposal for a sports event for implementation approval
Skills: (Know how...)	Write coursework - Produce a SWOT and reflection on your recruitment process. - Write a cohesive reflection as part of coursework	Write coursework - Research different sports events - Plan a sports event - Write up a proposal

Key vocabulary	Unit 3 Review, evaluation, self-analysis, SWOT, action plan	
Mid Term Assessment	Coursework tasks	Coursework tasks
End Term Assessment	Coursework complete	Coursework tasks
	Summer 1	Summer 2
Content: (Know what...)	Unit 10 Learning Aim C - Undertake the planning, promotion and delivery of a sports event Learning Aim D - Review the planning, promotion and delivery of your sports event, and reflect on your own performance	Unit 10 Learning Aim D - Review the planning, promotion and delivery of your sports event, and reflect on your own performance Coursework improvements (All Units)
Skills: (Know how...)	Write coursework - Plan, promote and deliver a sports event - Write a review of your sports event	Write coursework - Write a review of your sports event - Reflect on your own performance

Key vocabulary		
Mid Term Assessment	Coursework tasks	Coursework tasks
End Term Assessment	Coursework tasks	All coursework finished
Additional information		
Homework	Research tasks on relevant topics Coursework tasks Revision tasks	
Extra curricular and enrichment opportunities	Opportunities to learn about careers (external speakers, tasks and conversations with teacher) Leadership opportunities in sports clubs	
Useful links that will support learning		
How parents can support learning	Monitor Show my Homework to support students with their organisation of homework Support and motivate students with coursework and deadlines, echo importance of completing all coursework to a high standard Support students with revision (flash cards, mind maps, questions etc)	

