

Oswaldtwistle School **BTEC Sport** Long Term Plan

BTEC Level 1 Introductory in Caring for Children	Topic/Learning Pathway	Key Words	Links to previous learning	Links to wider curriculum
AUTUMN 1	<p><u>How Exercise Affects the Body</u></p> <ul style="list-style-type: none"> • Carry out tests to measure the effects of exercise on the body • How Exercise Affects the Body 	<ul style="list-style-type: none"> • Physical • Sequencing • Cardiovascular • Heart rate • Testing • Power • Strength 	<ul style="list-style-type: none"> • KS2 PSD – Identify different influences on health and wellbeing. • KS3/4 PSD – Living in the wider world. • KS3 PSD – Essential life skills • KS2 Science – The changes as humans develop 	<p>PSD - Personal Identity</p> <p>PE - How exercise effects the body (Development Milestones)</p> <p>Science - Food & Health (Learning through everyday experiences)</p> <p>PE - Communication</p> <p>Science - Hormones (Development Milestones)</p>
AUTUMN 2	<p>Unit A2 – Developing a Personal Progression Plan</p> <ul style="list-style-type: none"> • Explore the skills and behaviours needed to meet personal progression goal B • Produce a progression plan to meet intended progression goal. 	<ul style="list-style-type: none"> • Progression • Specific • Measurable • Achievable • Realistic • Opportunities • Apprenticeship • Transferable • Employability • Communication 		

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<p>SPRING 1</p>	<p>Unit SP6 Training for Fitness</p> <ul style="list-style-type: none"> • Plan a training session that meets specific needs • Demonstrate communication skills in the delivery of a training session to meet specific needs 	<ul style="list-style-type: none"> • Activities • Planning • Support • Safety procedures • Encouragement • Interact • Supervision • Wellbeing 	<p>KS2 PSD – Identify different influences on health and wellbeing.</p> <ul style="list-style-type: none"> • KS3 PSD – Essential life skills • KS2 Science – The changes as humans develop 	<p>PE - Communication Science - Hormones (Development Milestones)</p>
<p>SPRING 2</p>	<p>Unit A1 – Being Organised</p> <ul style="list-style-type: none"> • Explore techniques to improve own organisational skills • Review the use of techniques to improve own organisational skills. 	<ul style="list-style-type: none"> • Techniques • Organisational • Time-management • Deadlines • Priorities • Strengths • Weaknesses • Action plans 		
<p>SUMMER 1</p>	<p>Unit SP7 Playing Sport</p> <ul style="list-style-type: none"> • Correctly use skills and techniques in sport. • Outline own strengths and areas for improvement, providing 	<ul style="list-style-type: none"> • Strengths • Areas to improve • Skills • Techniques • Reviewing • Rules/regulations 	<ul style="list-style-type: none"> • Cultural Capital • Careers 	<p>PE</p>

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SUMMER 2	suggestions to improve performance.	<ul style="list-style-type: none">• Observation• Performance• Identify		
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