

Oswaldtwistle School **KS4 BTEC Sport** Long Term Plan

KS4 BTEC Sport	Topic/Learning Pathway	Key Words	Links to previous learning	Links to wider curriculum
AUTUMN 1	<ul style="list-style-type: none"> Unit A1- Being Organised 	<ul style="list-style-type: none"> Organise Techniques Diary Prioritise Independent 	<p>Key stage 3 Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.</p> <p><u>Pupils should be taught to:</u></p> <ul style="list-style-type: none"> ♣ use a range of tactics and strategies to overcome opponents in direct competition through team and individual games ♣ develop their technique and improve their performance in other competitive sports ♣ take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group ♣ analyse their performances compared to previous ones and 	Spring 1 - PSHE – Life skills
AUTUMN 2	<ul style="list-style-type: none"> Unit A2 Developing a Personal Progression Plan 	<ul style="list-style-type: none"> Planning Goals Long term Short term SMART Targets Opportunities Specification 		Spring 2 - Science – food and health
SPRING 1	<ul style="list-style-type: none"> Unit SP5- How Exercise affects the body 	<ul style="list-style-type: none"> Heart Rate Monitor Stress Positive effect Relaxation Hypertrophy 		Autumn 1 - Caring for children – how exercise effects the body, developmental milestones Autumn 2 - PSHE – wellbeing and exercise Autumn 2 - Science – Digestion and respiration Summer 1 - Maths – speed/distance/time
SPRING 2	<ul style="list-style-type: none"> Unit SP11- Getting People Active 	<ul style="list-style-type: none"> Motivation Speaking Goal setting Attitude Technique 		Autumn 1 - Maths – number topic (training reps)

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<p>SUMMER 1</p>	<ul style="list-style-type: none"> Unit SP12- Keeping Active and Healthy 	<ul style="list-style-type: none"> Methodology Training technique Benefits Drawbacks 	<p>demonstrate improvement to achieve their personal best</p> <ul style="list-style-type: none"> ♣ take part in competitive sports and activities outside school through community links or sports clubs. 	<p>Autumn 1 - Health and social care – different forms of communicating</p> <p>Spring 2 - Caring for children – communication skills</p>
<p>SUMMER 2</p>	<ul style="list-style-type: none"> Catch up and Corrections 	<ul style="list-style-type: none"> Key words specific to that students needs based on assessment 		<p>Summer 2 - Maths – collecting and representing data</p>