	Topic	No of lessons	Key knowledge and skills	Resources	Progression and links	SEND/ More able	Assessment & recording; factual recall checks
Yr12 BTEC Sport - Half term 1	Unit 1: Anatomy & Physiology	9	Learning Aim A The effects of exercise and sports performance on the skeletal system • Structure of the skeletal system — Bones and types of bone • Structure of the skeletal system — Areas of the skeleton • Function of the skeletal system — function of skeleton and bones • Function of the skeletal system — Joints • Function of the skeletal system — Synovial joints • Responses and adaptations of the skeletal system to sport and exercise • Additional factors affecting the skeletal system	Weekly scheme of work and PP's on G drive	Careers – dietician, sports psychologist, sports coach, physiotherapist, doctors/nurse		 Interleaving low stakes re-call questions at start of all lessons Solo taxonomy used where appropriate Exam questions to apply knowledge at the end of all lessons Topic tests on the skeletal system.

	Unit 3:	9	Learning aim A: Understand the	Weekly	Careers – dietician,		Pass:
	Professional		career and job opportunities in the	scheme of	sports psychologist,		A.P1: Explain the different
	Development		sports industry	work and	sports coach,		career pathways, the
	in the Sports		,	PP's on G	physiotherapist,		associated job opportunities
	Industry		Lesson 1: Scope and provision of the	drive	doctors/nurse		and their requirements in the
	,		sports industry				sports industry.
			Lesson 2: Careers and jobs in the				A.P2: Explain the
			sports industry				development pathway into a
			Lesson 3: Types of employment				selected career in the sports
H			Lesson 4: Professional training routes,				industry.
E			legislation and skills in the sports				Merit:
fte			industry				A.M1: Analyse the
BTEC Sport - Half term			Lesson 5: Sources of continuing				professional development
1 :			professional development (CPD)				requirements and
Joc			Lesson 6: Assessment practice				opportunities for specialism
S.			Lesson 7+: Allocated assignment time				or promotion in different
			Lesson 7 . 7 mocated assignment time				career pathways and the
2 B							associated job opportunities
Yr12							in the sports industry.
							Distinction:
							AB.D1: Justify how own skills
							audit outcomes, and
							development action plan,
							align to chosen career
							pathway based on a
							comprehensive knowledge
							and understanding of the
							career.
<u>+</u>	Unit 5:	9	Learning Aim A: Understand the	Weekly	Careers – dietician,	More Able:	A.P1 Explain the importance
BTEC Sport - Half	Application		principles of fitness testing	scheme of	sports psychologist,	Higher level exam	of validity, reliability,
ڼ	of Fitness		A1 Validity of fitness tests	work and	sports coach,	questions – 6 marks	practicality and suitability
por	Testing		A2 Reliability of fitness tests	PP's on G	physiotherapist,	Evaluate/analyse	in relation to fitness testing.
CS	. 5568		A3 Practicality and suitability	drive	doctors/nurse	style questions	A.P2 Explain how ethical
XE	1		of fitness tests	3	2.50015/110150	Style questions	requirements should be
			A4 Ethical issues associated			SEND:	met when planning and
Yr12			with fitness screening			JLIND.	conducting fitness testing,
	1		with httic33 3creening		l		conducting nuices testing,

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	Topic	No of lessons	Key knowledge and skills	Resources	Progression and links	SEND/ More able	Assessment & recording; factual recall checks
Yr12 BTEC Sport - Half term 2	Unit 1: Anatomy & Physiology	9	Learning Aim B The effects of exercise and sports performance on the muscular system • Characteristics and functions of different types of muscle • Major skeletal muscles of the muscular system • Antagonistic muscle pairs • Types of skeletal muscle contraction • Fibre types • Responses and adaptations of the muscular system to sport and exercise • Additional factors affecting the muscular system	Weekly scheme of work and PP's on G drive	Careers – dietician, sports psychologist, sports coach, physiotherapist, doctors/nurse	More Able: • Higher level exam questions – 6 marks • Evaluate/analyse style questions SEND: • Lower stakes recall questions • Writing frames • One-to-one support • Buddied up with more able students	 Interleaving low stakes recall questions at start of all lessons Solo taxonomy used where appropriate Exam questions to apply knowledge at the end of all lessons Topic tests on the muscular system
Yr12 BTEC Sport - Half term 2	Unit 3 : Professional Development in the Sports Industry	9	Learning aim B: Explore own skills using a skills audit to inform a career development action plan Lesson 8: Personal skills audit Lesson 9: Planning personal development Lesson 10: Maintaining a personal portfolio/record of achievement and experience Lesson 11: Assessment practice Lesson 12+: Allocated assignment time	Weekly scheme of work and PP's on G drive	Careers – dietician, sports psychologist, sports coach, physiotherapist, doctors/nurse,	More Able: • Higher level exam questions – 6 marks • Evaluate/analyse style questions SEND: • Lower stakes re- call questions • Writing frames • One-to-one support	Pass: B.P3: Explain how selected sports industry career matches outcomes of own personal skills audit. B.P4: Develop a career development action plan to meet the requirements of intended sports career, using skills audit outcomes. Merit: B.M2: Analyse own personal skills audit outcomes against a selected career in the sports industry.

	1		1	-			DAM2 Development
						Buddied up with	B.M3: Develop a career
						more able	development action plan that has
						students	specific relevance to the
							requirements of intended sports
							career and skills audit outcomes.
							<u>Distinction:</u>
							AB.D1: Justify how own skills audit
							outcomes, and development
							action plan, align to chosen career
							pathway based on a
							comprehensive knowledge and
							understanding of the career.
	Unit 5:		Continued from Half Term 1:	Weekly	Careers – dietician,	More Able:	A.P1 Explain the importance
	Application	9		scheme of	sports psychologist,	 Higher level exam 	of validity, reliability,
	of Fitness		Learning Aim A: Understand the	work and	sports coach,	questions – 6 marks	practicality and suitability
	Testing		principles of fitness testing	PP's on G	physiotherapist,	 Evaluate/analyse 	in relation to
			A1 Validity of fitness tests	drive	doctors/nurse,	style questions	fitness testing.
			A2 Reliability of fitness tests				A.P2 Explain how ethical
			A3 Practicality and suitability			SEND:	requirements should be
12			of fitness tests			 Lower stakes re-call 	met when planning and
eru			A4 Ethical issues associated			questions	conducting fitness testing,
BTEC Sport - Half term			with fitness screening			 Writing frames 	giving examples.
F						 One-to-one support 	A.M1 Recommend methods
Ė						Buddied up with	that can be used to
<u>0</u>						more able students	ensure fitness testing is
CS							conducted in a valid,
] 3TE							reliable, practical, suitable
12 [and ethical way.
Yr12							AB.D1 Analyse own
							administration of
							selected fitness
							tests against
							practicality, suitability
							and ethical guidelines,
							justifying suggestions
							for improvement.

	Topic	No of lessons	Key knowledge and skills	Resources	Progression and links	SEND/ More able	Assessment & recording; factual recall checks
Yr12 BTEC Sport - Half term 3	Unit 1: Anatomy & Physiology	9	Learning Aim C The effects of exercise and sports performance on the respiratory system • Structure of the respiratory system • Function of the respiratory system • Mechanisms and control of breathing • Gaseous exchange • Lung volumes • Responses and adaptations of the respiratory system to sport and exercise • Additional factors affecting the skeletal system	Weekly scheme of work and PP's on G drive	Careers – dietician, sports psychologist, sports coach, physiotherapist, doctors/nurse	More Able: • Higher level exam questions – 6 marks • Evaluate/analyse style questions SEND: • Lower stakes re-call questions • Writing frames • One-to-one support • Buddied up with more able students	 Interleaving low stakes recall questions at start of all lessons Solo taxonomy used where appropriate Exam questions to apply knowledge at the end of all lessons Topic tests on the respiratory system.
Yr12 BTEC Sport - Half term 3	Unit 3 : Professional Development in the Sports Industry	9	Learning aim C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway Lesson 1:Applying for a job – job advertisements Lesson 2:Applying for a job – application form, CV & letter of application Lesson 3:Interviews and selected career pathway specific skills	Weekly scheme of work and PP's on G drive	Careers – dietician, sports psychologist, sports coach, physiotherapist, doctors/nurse,	More Able: Higher level exam questions – 6 marks Evaluate/analyse style questions SEND: Lower stakes re-call questions Writing frames One-to-one support	Pass: C.P5: Prepare appropriate documentation for use in selection and recruitment activities. C.P6: Participate in the selection interviews and activities, as an interviewee. Merit: C.M4: In interviews and activities demonstrate analytical responses and questioning and activities to

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Lesson 4:Interviews and sele	ed • Buddied up with allow assessment o	f skills and
career pathway specific skills		
feedback, observation &	students Distinction:	
evaluation	CD.D2: Demonstrat	e individual
Lesson 5: Assessment praction		
Lesson 6 +: Allocated assignm		
time	recruitment activity	
	CD.D3: Evaluate ho	
	documents prepare	ed, and own
	performance in the	
	activities, supported	d the
	process for accessing	ng the
	selected career pat	hway
	B.P3 Select six valid	l fitness
	tests for selected sp	ports
	performers.	
	B.P4 Safely adminis	ster and
	accurately record the	he
	results of six fitness	s tests
	for a sports perforn	ner.
	B.P5 Interpret fitne	:SS
	test results against	ļ
	normative data.	
	B.M2 Assess praction	•
	suitability of each s	
	fitness test for select	cted
	sports performers.	ļ
	B.M3 Administer six	
	tests, demonstratin	-
	to ensure the test r	
	are accurate and re	
	B.M4 Suggest areas	
	improvement in the	
	administration prod	
	of fitness tests base	ed on
	test results.	

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							AB.D1 Analyse own administration of selected fitness tests against practicality, suitability and ethical guidelines, justifying suggestions for improvement.
Yr12 BTEC Sport - Half term 3	Unit 5: Application of Fitness Testing	9	Learning Aim B: Explore fitness tests for different components of fitness B1 Fitness tests to assess components of physical fitness B2 Fitness tests to assess components of skill-related fitness B3 Planning of tests B4 Administration of tests	Weekly scheme of work and PP's on G drive	Careers – dietician, sports psychologist, sports coach, physiotherapist, doctors/nurse,	More Able: Higher level exam questions – 6 marks Evaluate/analyse style questions SEND: Lower stakes re-call questions Writing frames One-to-one support Buddied up with more able students	

Physiology sports performance on the cardiovascular system sports coach, physiotherapist, doctors/nurse style questions — 6 marks appropriate the cardiovascular system sports coach, physiotherapist, doctors/nurse style questions — 6 marks appropriate the cardiovascular system sports coach, physiotherapist, doctors/nurse style questions — 6 marks appropriate the cardiovascular system style questions — 6 marks appropriate the cardiovascular sys	ns at start of all lessons
cardiovascular system PP's on G physiotherapist, doctors/nurse • Structure of the style questions PP's on G physiotherapist, doctors/nurse • Evaluate/analyse style questions	
cardiovascular system PP's on G physiotherapist, doctors/nurse • Structure of the extra doctors/nurse PP's on G physiotherapist, doctors/nurse • Evaluate/analyse style questions	onomy used where
drive doctors/nurse • Evaluate/analyse • Exam que	•
Structure of the style questions	uestions to apply
cardiovascular system Structure of blood vessels Composition of blood Function of the cardiovascular system lessons Lower stakes re- call questions Writing frames	dge at the end of all
• Structure of blood vessels • Composition of blood • Function of the	Be at the end of an
vessels Composition of blood Function of the vessels Vessels Composition of blood Writing frames	sts on the cardiovascular
• Composition of blood • Function of the • Writing frames	
• Function of the • Writing frames	
cardiovascular system cardiovascular system one-to-one	
• Nervous control of the support	
cardiac cycle cardiac cycle b Buddied up with	
• Responses and more able	
adaptations of the students	
cardiovascular system to	
sport and exercise	
Additional factors	
affecting the skeletal	
system	
Continued from half term 3: Weekly Careers – dietician, More Able: Pass:	
Unit 3: 9 scheme of sports psychologist, • Higher level exam C.P5: Prepare	re appropriate
Professional Learning aim C: Undertake a work and sports coach, questions – 6 documentati	tion for use in selection
Development recruitment activity to PP's on G physiotherapist, marks and recruitment	nent activities.
in the Sports demonstrate the processes drive doctors/nurse, • Evaluate/analyse C.P6: Participation	pate in the selection
면 Industry that can lead to a successful style questions interviews ar	and activities, as an
job offer in a selected career interviewee.	
pathway SEND: Merit:	
• Lower stakes re- C.M4: In inte	erviews and activities
	e analytical responses and
job advertisements • Writing frames questioning a	and activities to allow
Lesson 2:Applying for a job – One-to-one assessment of	of skills and knowledge.
application form, CV & letter support Distinction:	-
of application	

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			Lesson 3:Interviews and selected career pathway specific skills Lesson 4:Interviews and selected career pathway specific skills – feedback, observation & evaluation Lesson 5: Assessment practice Lesson 6 +:Allocated assignment time			Buddied up with more able students	CD.D2: Demonstrate individual responsibility and effective self management during the recruitment activity. CD.D3: Evaluate how well the documents prepared, and own performance in the interview activities, supported the process for accessing the selected career pathway.
Yr12 BTEC Sport - Half term 4	Unit 5: Application of Fitness Testing	9	Learning Aim B: Explore fitness tests for different components of fitness B1 Fitness tests to assess components of physical fitness B2 Fitness tests to assess components of skill-related fitness B3 Planning of tests B4 Administration of tests	Weekly scheme of work and PP's on G drive	Careers – dietician, sports psychologist, sports coach, physiotherapist, doctors/nurse,	 More Able: Higher level exam questions – 6 marks Evaluate/analyse style questions SEND: Lower stakes recall questions Writing frames One-to-one support Buddied up with more able students 	B.P3 Select six valid fitness tests for selected sports performers. B.P4 Safely administer and accurately record the results of six fitness tests for a sports performer. B.P5 Interpret fitness test results against normative data. B.M2 Assess practicality and suitability of each selected fitness test for selected sports performers. B.M3 Administer six fitness tests, demonstrating skills to ensure the test results are accurate and reliable. B.M4 Suggest areas for improvement in the administration process of fitness tests based on test results. AB.D1 Analyse own administration of selected fitness tests against practicality, suitability and ethical guidelines, justifying suggestions for improvement.

	Unit 1:	9	Learning Aim E	Weekly	Careers – dietician,	More Able:	Interleaving low stakes re-call
	Anatomy &		The effects of exercise and	scheme of	sports psychologist,	 Higher level exam 	questions at start of all lessons
	Physiology		sports performance on the	work and	sports coach,	questions – 6 marks	Solo taxonomy used where
			energy system	PP's on G	physiotherapist,	 Evaluate/analyse style 	appropriate
			The role of ATP in exercise	drive	doctors/nurse	questions	• Exam questions to apply knowledge at
5 ر			The ATP-PC (alactic) system			SEND:	the end of all lessons
ern			in exercise and sport			 Lower stakes re-call 	• Topic tests on the energy system.
If t			performance			questions	, , ,
На			The lactate system in			 Writing frames 	
÷			exercise and sport			 One-to-one support 	
Yr12 BTEC Sport - Half term 5			performance			 Buddied up with more 	
S :			The aerobic system in			able students	
BTE			exercise and sport				
12			performance				
¥			The energy systems in				
			combination				
			 Adaptations of the energy 				
			systems to exercise				
			Additional factors affecting				
			the energy systems				
	Unit 3:	9	Learning aim D : Undertake a	Weekly	Careers – dietician,	More Able:	Pass:
	Professional		recruitment activity to	scheme of	sports psychologist,	Higher level exam	D.P7: Review own performance in role
ท 5	Development		demonstrate the processes that	work and	sports coach,	questions – 6 marks	in the interviewing activities, supported
err	in the Sports		can lead to a successful job	PP's on G	physiotherapist,	 Evaluate/analyse 	by an update SWOT analysis.
alf t	Industry		offer in a selected career	drive	doctors/nurse,	style questions	Merit:
Ξ̈́			pathway				D.M5: Analyse the results of the
Ę						SEND:	process and how your skills
Spc			Lesson 7: Review and evaluation			 Lower stakes re-call 	development will contribute to your
<u> </u>			Lesson 8: Updated SWOT and			questions	future success.
BTEC Sport - Half term 5			action plan			Writing frames	Distinction:
Yr12			Lesson 9: Assessment practice			One-to-one support	CD.D2: Demonstrate individual
>			Lesson 10+ : Allocated			 Buddied up with 	responsibility and effective self
			assignment time			more able	management during the recruitment
						students	activity.

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Yr12 BTEC Sport - Half term 5	Unit 5: Application of Fitness Testing	9	Learning Aim C: Undertake evaluation and feedback of fitness test results C1 Produce a fitness profile for a selected sports performer C2 Providing feedback to a selected sports performer	Weekly scheme of work and PP's on G drive	Careers – dietician, sports psychologist, sports coach, physiotherapist, doctors/nurse,	More Able: • Higher level exam questions – 6 marks • Evaluate/analyse style questions SEND: • Lower stakes re-call questions • Writing frames • One-to-one support • Buddied up with more able students	CD.D3: Evaluate how well the documents prepared, and own performance in the interview activities, supported the process for accessing the selected career pathway. C.P6 Create a fitness profile for a selected sports performer following fitness testing, providing feedback to the performer on their fitness test results and how they can impact on sporting performance. C.M5 Assess the strengths and areas for improvement from fitness test results, providing feedback to a selected sports performer. C.D2 Justify the fitness profile for a selected sports performer, including identified areas for improvement related to their selected sport. C.D3 Evaluate the effectiveness of methods used to test the components of fitness and provide feedback to sports performers
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	1	T	T	T	1	,
Auatomy & Physiology Physiology	9	Learning Aims A, B, C, D, E - Interrelationships between all 5 body systems AO5: Making connections between body systems in response to short-term and long-term exercise and sport participation. Make connections between muscular and all other systems, cardiovascular and respiratory systems, energy and cardiovascular systems.	Weekly scheme of work and PP's on G drive	Careers – dietician, sports psychologist, sports coach, physiotherapist, doctors/nurse	 More Able: Higher level exam questions – 6 marks Evaluate/analyse style questions Lower stakes re-call questions Writing frames One-to-one support Buddied up with more able students 	 Interleaving low stakes re-call questions at start of all lessons Solo taxonomy used where appropriate Exam questions to apply knowledge at the end of all lessons Topic tests on the all systems.
Unit 3: Professional Development in the Sports Industry	9	Learning aim D: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway Lesson 7: Review and evaluation Lesson 8: Updated SWOT and action plan Lesson 9: Assessment practice Lesson 10+: Allocated assignment time	Weekly scheme of work and PP's on G drive	Careers – dietician, sports psychologist, sports coach, physiotherapist, doctors/nurse,	 More Able: Higher level exam questions – 6 marks Evaluate/analyse style questions Lower stakes re-call questions Writing frames One-to-one support Buddied up with more able students 	Pass: D.P7: Review own performance in role in the interviewing activities, supported by an update SWOT analysis. Merit: D.M5: Analyse the results of the process and how your skills development will contribute to your future success. Distinction: CD.D2: Demonstrate individual responsibility and effective self management during the recruitment activity. CD.D3: Evaluate how well the documents prepared, and own performance in the interview activities, supported the process for accessing the selected career pathway.

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	Unit 5:	9	Continued from half term 5:	Weekly	Careers – dietician,	More Able:	C.P6 Create a fitness profile
	Application			scheme of	sports psychologist,	 Higher level exam 	for a selected sports performer
	of Fitness		Learning Aim C: Undertake	work and	sports coach,	questions – 6 marks	following fitness testing, providing
	Testing		evaluation and	PP's on G	physiotherapist,	 Evaluate/analyse 	feedback to the performer on their
			feedback of fitness test	drive	doctors/nurse,	style questions	fitness test results and how they can
9 ι			results				impact on sporting performance.
ern						SEND:	
Half term			C1 Produce a fitness profile for			 Lower stakes re-call 	C.M5 Assess the strengths and areas for
Ξ̈́			a selected sports			questions	improvement from fitness test results,
Ļ			performer			 Writing frames 	providing feedback to a selected sports
Sport			C2 Providing feedback to a			 One-to-one support 	performer.
			selected sports performer			 Buddied up with 	
BTEC						more able students	C.D2 Justify the fitness profile for a
Yr12							selected sports performer, including
7							identified areas for improvement
							related to their selected sport.
							C.D3 Evaluate the effectiveness of
							methods used to test the components
							of fitness and provide feedback to
							sports performers.