

BTEC Sport Year 12 (Year 1)

INTENT
learners will develop transferable and higher order skills. Study of sport particularly encourages the development of skills and behaviours such as teamwork, leadership, performance analysis, resilience, evaluation, analysis and synthesising concepts. These skills are developed through the variety of approaches to teaching and learning enabled by the specification.

	Term 1 Unit 7 Practical Sports Performance (Learning Aims A-C)								Term 2 Unit 7 Practical Sports Performance (Learning Aim D)								Term 3 Unit 1 Anatomy and Physiology					Term 4 Unit 1 Anatomy and Physiology					Term 5 Unit 1 Anatomy and Physiology								Term 6 Unit 3 Professional Development in the Sports Industry							
Dates	04/09/2023	11/09/2023	18/09/2023	25/09/2023	02/10/2023	09/10/2023	16/10/2023	23/10/2023	06/11/2023	13/11/2023	20/11/2023	27/11/2023	04/12/2023	11/12/2023	18/12/2023	08/01/2024	15/01/2024	22/01/2024	29/01/2024	05/02/2024	19/02/2024	26/02/2024	04/03/2024	11/03/2024	18/03/2024	08/04/2024	15/04/2024	22/04/2024	29/04/2024	06/05/2024	13/05/2024	20/05/2024	03/06/2024	10/06/2024	17/06/2024	24/06/2024	01/07/2024	08/07/2024	15/07/2024			
Year 10	L1 A.P1 L2 A.P1	L1 A.M1 L2 A.M1	L1 B.P2 L2 B.P2	L1 B.M2 L2 B.M2	L1 A.B.D1 L2 A.B.D1	L1 C.P3 L2 C.P3	L1 C.M3 L2 C.M3	L1 C.D2 L2 C.D2	L1 D.P4 L2 D.P4	L1 D.P5 L2 D.P5	L1 D.M4 L2 D.M4	L1 D.D3 L2 D.D3	L1 1 st Submissions L2 1 st Submissions	L1 2 nd Submission L2 2 nd Submission	L1 2 nd Submission L2 2 nd Submission	L1 Major Bones L2 Types of Bone	L1 Skeletal Functions L2 Bone Functions	L1 Synovial Joints L2 Structure of joints	L1 Skeletal Responses L2 Adaptations	L1 DIRT L2 Types of Muscle	L1 Muscle Contraction L2 Fibre Types	L1 Additional Factors L2 End of Topic Test	L1 Resp Functions L2 Lung Volumes	L1 Resp Adaptations L2 Additional Factors	L1 CV Structure L2 CV Functions	L1 CV Responses L2 CV Adaptations	L1 DIRT L2 Role of ATP	L1 Aerobic L2 Aerobic	L1 Additional Factors L2 End of Topic test	L1 Revision L2 Revision	L1 Revision L2 Revision	External Assessment Window	External Assessment Window	L1 AP1 L2 AP1	L1 AP2 L2 AP2	L1 AM1 L2 AM1	L1 BP3 L2 BP3	L1 BP4 L2 BP4	L1 BM2 L2 BM2			
End Points	Students will complete an assignment that shows understanding of how to: <ul style="list-style-type: none"> Examine National Governing Body rules/laws and regulations for selected sports competitions. Examine the skills, techniques and tactics required to perform in selected sports. Develop skills, techniques, and tactics for sporting activity in order to meet sport aims 								Students will complete an assignment that shows understanding of how to: <ul style="list-style-type: none"> Reflect on own practical performance using selected assessment methods 								Students will need to show knowledge and understanding of the following content areas: Name and Locate the major bones of the body Type of bone Areas of the skeleton Process of bone growth Functions of the skeleton when performing sporting techniques and actions Main functions of different bone types when performing sporting techniques Joints of the upper skeleton and how they are used in sporting techniques Joints of the lower skeleton and how they are used in sporting actions Classification of joints Types of synovial joints The bones forming the following joints Structure and function of components of synovial joints and their use in sporting techniques and actions Range of movement at synovial joints and use in sporting actions Responses of the skeletal system to a single sport or exercise session Adaptations of the skeletal system to exercise Additional factors affecting the skeletal system Characteristics and functions of different types of muscles Major skeletal muscles of the muscular system Antagonistic muscle pairs					Students will need to show knowledge and understanding of the following content areas: Types of skeletal muscle contraction Fibre types Responses of the muscular system to a single sport or exercise session Adaptations of the muscular system to exercise Additional factors affecting the muscular system Structure of the respiratory system Function Understand the function of the respiratory system in response to exercise Lung volumes Understand the lung volumes and the changes that occur in response to exercise Control of breathing Understand how breathing rate is controlled in response to exercise C5 Responses of the respiratory system to a single sport or exercise session Adaptations of the respiratory system to exercise/ the impact the adaptation has Additional factors affecting the respiratory system and their impact on exercise Structure of the cardiovascular system Function of the cardiovascular system Nervous control of the cardiac cycle					Students will need to show knowledge and understanding of the following content areas: Responses of the cardiovascular system to a single sport or exercise session Adaptations of the cardiovascular system to exercise Additional factors affecting the cardiovascular system The role of ATP in exercise The ATP-PC (alactic) system in exercise and sports performance The lactate system in exercise and sports performance The aerobic system in exercise and sports performance Adaptations of the energy system to exercise Additional factors affecting the energy systems								Students will complete an assignment that shows understanding of how to: Understand the career and job opportunities in the sports industry Explore own skills using a skills audit to inform a career development action plan							
Progress & assessment	Internal Assessment – students have 2 submission attempts per assignment with feedback in line with internal assessment guidelines after first submission.								Internal Assessment – students have 2 submission attempts per assignment with feedback in line with internal assessment guidelines after first submission..								End of Topic Tests every 6 th lesson in line with school marking and feedback policy					End of Topic Tests every 6 th lesson in line with school marking and feedback policy					End of Topic Tests every 6 th lesson in line with school marking and feedback policy								Internal Assessment – students have 2 submission attempts per assignment with feedback in line with internal assessment guidelines after first submission.							
Key Vocabulary/literacy opportunities	Command words explored to indicate to students what is required to meet the objectives of Pass, Merit and Distinction for each task.								Command words explored to indicate to students what is required to meet the objectives of Pass, Merit and Distinction for each task.								Key terms vocab sheet provided at the start of each topic					Key terms vocab sheet provided at the start of each topic					Key terms vocab sheet provided at the start of each topic								Command words explored to indicate to students what is required to meet the objectives of Pass, Merit and Distinction for each task.							