

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	2/9/2024	9/9/2024	16/9/2024	23/9/2024	30/9/2024	7/10/2024	14/10/2024	21/10/2024	4/11/2024	11/11/2024	18/11/2024	25/11/2024	2/12/2024	9/12/2024	16/12/2024	6/1/2025	13/1/2025	20/1/2025	27/01/2025	3/2/2025	10/2/2025	24/2/2025	3/3/2025	10/3/2025	17/3/2025	24/3/2025	31/3/2025	7/4/2025	28/4/2025	5/5/2025	12/5/2025	19/5/2025	2/6/2025	9/6/2025	16/6/2025	23/6/2025	30/6/2025	7/7/2025	14/7/2025
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.							

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Spiritual, Moral, Social and cultural	Students are encouraged to make mistakes and learn from them, misconceptions are readdressed to encourage students to make mistakes	Students are encouraged to make mistakes and learn from them, misconceptions are readdressed to encourage students to make mistakes	Students are encouraged to make mistakes and learn from them, misconceptions are readdressed to encourage students to make mistakes	Students are encouraged to make mistakes and learn from them, misconceptions are readdressed to encourage students to make mistakes	Students are encouraged to make mistakes and learn from them, misconceptions are readdressed to encourage students to make mistakes	Students are encouraged to make mistakes and learn from them, misconceptions are readdressed to encourage students to make mistakes
British Values	Group work to encourage valuing others' opinions and building a mutual respect for others in the class. Students will be peer assessing each others performances developing their interpersonal and empathy skills when ensuring they give their peers enough valuable feedback to help them in their assignment	Group work to encourage valuing others' opinions and building a mutual respect for others in the class. Students will be peer assessing each others performances developing their interpersonal and empathy skills when ensuring they give their peers enough valuable feedback to help them in their assignment	Group work to encourage valuing others' opinions and building a mutual respect for others in the class.	Group work to encourage valuing others' opinions and building a mutual respect for others in the class.	Group work to encourage valuing others' opinions and building a mutual respect for others in the class.	Group work to encourage valuing others' opinions and building a mutual respect for others in the class.
Cultural Capital	Debating tasks, peer assessment tasks and group work give students the opportunity to improve emotional intelligence, empathising with other, respecting others opinions and learn to listen and empathise to other points of views and opinions.	Debating tasks, peer assessment tasks and group work give students the opportunity to improve emotional intelligence, empathising with other, respecting others opinions and learn to listen and empathise to other points of views and opinions.	Debating tasks, peer assessment tasks and group work give students the opportunity to improve emotional intelligence, empathising with other, respecting others opinions and learn to listen and empathise to other points of views and opinions.	Debating tasks, peer assessment tasks and group work give students the opportunity to improve emotional intelligence, empathising with other, respecting others opinions and learn to listen and empathise to other points of views and opinions.	Debating tasks, peer assessment tasks and group work give students the opportunity to improve emotional intelligence, empathising with other, respecting others opinions and learn to listen and empathise to other points of views and opinions.	Students will be looking into the skills that they need to develop in order to successfully apply for a job and what employers will be looking for. They will produce all of the key documentation required for taking part in a job application process from start to finish.