

## Year 13 BTEC Extended Certificate Sport

| Subject and Year Group    | Autumn   | Autumn 2 | Spring 1   | Spring 2 | Summer 1 | Summer 2 |
|---------------------------|--|----------|--|----------|----------|----------|
| Topic/Unit to be studied  | <b>Teacher 1- Unit 2- Fitness Training and Programming for Health, Sport and Well-being</b><br><br><b>Teacher 2- Unit 3- Professional Development in the Sports Industry</b>   |          | <b>Teacher 1- Unit 2- Fitness Training and Programming for Health, Sport and Well-being</b><br><br><b>Teacher 2- Unit 3- Professional Development in the Sports Industry</b>   |          |          |          |
| Core Knowledge and skills | <b>Unit 2- Fitness Training and Programming for Health, Sport and Well-being</b><br><br><b>A Examine lifestyle factors and their effect on health and well-being</b><br><br>A1 Positive lifestyle factors and their effects on health and well-being<br><br>A2 Negative lifestyle factors and their effects on health and well-being<br><br>A3 Lifestyle modification techniques<br><br><b>B Understand the screening processes for training programming</b><br><br>B1 Screening Processes<br><br>B2 Health monitoring tests<br><br>B3 Interpreting the results of health monitoring tests<br><br><b>C Understand programme-related nutritional needs</b><br><br>C1 Common terminology<br><br>C2 Components of a balanced diet |          | <b>Unit 2- Fitness Training and Programming for Health, Sport and Well-being</b><br><br><b>D Examine training methods for different components of fitness</b><br><br>D1 Components of fitness to be trained<br><br>D1.1 Skill-related fitness<br><br><b>D2 Training methods for physical fitness-related components</b><br><br>D2.1 Aerobic endurance training methods<br><br>D2.2 Muscular strength training methods<br><br>D2.3 Muscular endurance training methods<br><br>D2.4 Core stability training methods<br><br>D2.5 Flexibility training methods<br><br>D2.6 Speed training methods<br><br><b>D3 Training methods for skill-related fitness components</b><br><br>D3.1 Agility training methods<br><br>D3.2 Balance training methods |          |          |          |

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|                                  | C3 Nutritional strategies for individuals taking part in training programmes   | D3.3 Coordination training methods<br>D3.4 Reaction time training methods<br>D3.5 Power training methods<br><br><b>E Understand training programme design</b><br><br>E1 Principles of fitness training programme design   |  |
| <b>Assessment</b>                | Externally set exam by Pearson sat at the beginning of May.  |   |  |
| <b>Assessment for Learning</b>   | <ul style="list-style-type: none"> <li>- Low stakes testing through Quizlets/Kahoots throughout lessons</li> <li>- End of Unit tests at the end of each phase</li> <li>- 8 mark written assessment for each topic covered</li> </ul>   |   |  |
| <b>Core Knowledge and skills</b> | <b>Unit 3 Professional Development</b><br><br><b>Learning aim A: Understand the career and job opportunities in the sports industry</b><br><br>A1 Scope and provision of the sports industry<br>A2 Careers and jobs in the sports industry<br>A3 Professional training routes, legislation, skills in the sports industry<br><br><b>Learning aim B: Explore own skills using a skills audit to inform a career development action plan</b><br><br>B1 Personal skills audit for potential careers<br>B2 Planning personal development towards a career in the sports industry<br>B3 Maintaining a personal portfolio/record of achievement and experience | <b>Unit 3 Professional Development</b><br><br><b>Learning aim C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway</b><br><br>C1 Job applications<br>C2 Interviews and selected career pathway-specific skills<br><br><b>Learning aim D: Reflect on the recruitment and selection process and your individual performance</b><br><br>D1 Review and evaluation<br>D2 Updated SWOT and action plan |  |
| <b>Assessment</b>                | Assignments completed in the last two weeks of the half term/term- marked and internally verified according to the internal Assessment Plan  |   |  |

## Assessment for Learning

- Regular low stakes testing through Quizlets/Kahoots throughout lessons
- Routine marking and feedback of key work