

Year 13 BTEC Extended Certificate Sport

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

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