

Subject Area: BTEC Sport

Curriculum Intent: The Sport curriculum at Trinity Sixth Form Academy is designed to encourage a lifelong appreciation of sport and exercise and the positive effects it has on the human body. Students are given the knowledge and desire to make informed choices based around a positive, healthy and active lifestyle. We have high expectations of every learner and aim to instil pride in everything they do by ensuring the TSFA professional standards are at the forefront of learning. Opportunities are provided for individuals to grow and develop as participants and leaders. Competitive opportunities are constantly embedded in the programme to allow our students to improve their theoretical knowledge, practical performance and aim for excellence. They will develop their resilience when competing and reduce their fear of failure through improved mental toughness. Leadership opportunities allow our students to develop their civic virtues and act as key role models by passing their love of sport onto the younger generation within the community. This will develop student's ability to effectively lead and inspire others. They allow our students to develop their confidence, communication skills, and their ability to work as a team as well as developing their own leadership style. Students will be introduced to the vast educational and career pathways open to them in the Sport industry. Students will be interview, university and employment ready, to support their next phase of education, training or employment so that they can be successful 'life ready learners'.

Dates	Content	Assessment	Rationale
Year 12 Term 1	Unit 1 Anatomy and Physiology (external exam) Key words - Identifying, state, describe, explain, assess and analyse Aim A - Skeletal system Aim B - Muscular system Aim C - Respiratory system	End of booklet tests Aim A - B End of Learning Aim tests - Aim A-B PC1 Past paper – Aim A & B PS/CV's: Wisdom – students will be able to appreciate the importance of exercise and be able to make informed choices for themselves and others based on this information	Students are following the BTEC Sport course rather than other subjects such as A Level PE as this course assesses students sporting knowledge through external exams but also allows the course to be tailored to the cohort by choice of optional units. Coursework units can be tailored to assess practical ability, leadership abilities or theoretical knowledge. Unit 1 is a mandatory external exam unit for this course. Unit 1 is taught first as learning how the human body reacts to exercise is paramount in being successful in the sporting industry, either as a performer or employee. Unit 1 also gives students the basic knowledge and understanding to allow them to access the content in Unit 2 and additional optional units taught later on in the course.
Year 12 Term 2	Unit 1 Anatomy and Physiology (external exam) continued Aim D - Cardiovascular system Aim E - Energy systems F- Interrelationships between the systems	End of booklet tests Aim C - F End of Learning Aim tests - Aim C - F	The unit is taught in order of each learning aim as this is how the exam paper is set out. All theory for Learning Aim A, B, C, D and E will be taught by the end of the term to allow for exam practice after Christmas. Unit 1 is taught straight away to allow students the opportunity to resit in summer if needed. This limits pressures on students from competing subjects as they will not be sitting this unit in summer in Yr. 13
Year 12 Term 3	Unit 1 Anatomy and physiology - external exam Unit 3 - Professional Development in the Sports Industry (coursework) Unit3 - Learning Aim A - Understand the career and job opportunities in the sports industry Unit 3 - Learning Aim B - Explore own skills using a skills audit to inform a career development action plan	Mock paper - Unit 1 Full past paper Unit 1 external exam Unit 3 Learning Aim A assignment submission CEIAG: Career research into the sports industry	Unit 3 is a mandatory coursework unit for the BTEC Sport course. In terms of unit delivered it is advised to complete one external exam and one coursework unit each year. As unit 3 is the only mandatory unit it is advised to complete this first Unit 3 will be taught in order of learning aims and assignments. Authorised Pearson assignment briefs are used to ensure all criteria is sufficiently covered. This unit also gets students early on thinking about what careers in sport they can do as well as requirements for the job roles. In assignment 1, students will first explore all the job opportunities available to them in the sporting industry (Aim A) before selecting two that appeal to them to undertake further research. Students will then match their current skills and qualities to one chosen job role (Aim B)
Year 12 Term 4	Unit 3 - Learning Aim B continued - Explore own skills using a skills audit to inform a career development action plan Unit 3 - Learning Aim C - Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway	CEIAG: Self-analysis of current skills and career action plan Unit 3 Learning Aim B assignment submission	In the second assignment students will go through a whole recruitment process including CV, personal statement and cover letter writing as well as take part in a formal interview and interview activity (Aim C) this part of the course works very well in year 12 leading up to summer as a lot of our students find that this is the time they are seeking employment alongside their studies. This is a great introduction to what they will have to do. Assignments briefs used will be approved briefs from Edexcel amended to reflect our local area and local sporting establishments. Weekly achieve sessions will be on for any students resitting Unit 1 in January up until the external exam
Year 12 Term 5	Unit 3 - Learning Aim C continued - Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway Unit 3 - Learning Aim D - Reflect on the recruitment and selection process and your individual performance Unit 1 Anatomy and physiology - resit - external exam	Unit 3 Learning Aim C submission CEIAG: Recruitment practice, reflection and action plan Unit 3 Learning Aim D submission	Pupils will finish Unit 3 off during this half term. Students will review their performance during the recruitment process and plan for improvements if they were to undertake this activity again (Aim D). Again, this works well at this time of year as year 12 students can reflect on their performance and work out what they need to improve on before they actually have a real interview for employment Resit students will resit their Unit 1 external exam in this half term to ensure unit 1 is fully completed before the start of year 13
Year 12 Term 6	Practical sport	N/A	A number of students choose our course due to their interest in sport and physical activity. The majority of the course is not practical based. This half term is important to ensure we keep our students engaged with our subject by offering them opportunity to take part in practical sport. All sessions will be off site. Theory from unit 1 will be reinforced through practical lessons as well as an introduction to fitness testing for Unit 5 later on in year 13.

Dates	Content	Assessment	Rationale
Year 13 Term 1	<p>Unit 2 Fitness Training and Programming for health sport and well-being (external exam)</p> <p>Keywords - Interpret, provide and justify, propose and justify, design and justify</p> <p>Q1 – Lifestyle and health monitoring - Aim A & B</p> <p>Q2 – lifestyle recommendations – Aim A</p> <p>Q4 – Training needs/methods – Aim D & E</p>	<p>Students will complete an exam question based on a past client at the end of delivery for each question</p> <p>PS/CV's: Wisdom – students will be able to appreciate the importance of a healthy lifestyle and be able to make informed choices for themselves and others based on this information</p>	<p>Unit 2 is a mandatory external exam unit for this course.</p> <p>Unit 2 is taught at the start of year 12 to allow students the opportunity of a resit in summer if needed.</p> <p>Unit 2 is taught question by question rather than by learning Aim as a number of learning aims overlap a number of questions.</p> <p>For simplicity it is much more logical to do it question by question as it develops their understanding of question expectations in preparation for their exam</p> <p>Pupils will be taught Q1,2,4,5,6 finishing off with Q3 as this is one of the lower mark questions but one where pupils seem to write the most and use a lot of their exam time on.</p> <p>Unit 2 is a mandatory external exam unit for this course.</p>
Year 13 Term 2	<p>CEIAG: Experiencing life as a health and well-being coach</p> <p>Unit 2 Fitness Training and Programming for health sport and well-being (external exam) continued</p> <p>Q5 – Training plan – Aim D & E</p> <p>Q6 – Principles of training – Aim D & E</p> <p>Q3 – Nutrition – Aim C</p>	<p>Students will complete an exam question based on a past client at the end of delivery for each question</p>	<p>Unit 2 is taught at the start of year 12 to allow students the opportunity of a resit in summer if needed.</p> <p>Unit 2 is taught question by question rather than by learning Aim as a number of learning aims overlap a number of questions.</p> <p>For simplicity it is much more logical to do it question by question as it develops their understanding of question expectations in preparation for their exam</p> <p>Pupils will be taught Q1,2,4,5,6 finishing off with Q3 as this is one of the lower mark questions but one where pupils seem to write the most and use a lot of their exam time on.</p>
Year 13 Term 3	<p>Unit 2 Fitness Training and Programming for health sport and well-being –external exam</p> <p>Unit 5 – Application of fitness testing (coursework)</p> <p>Learning aim A: Understand the principles of fitness Testing</p> <p>Learning aim B: Explore fitness tests for different components of fitness</p>	<p>Mock paper - Unit 2 Full past paper</p> <p>Unit 2 external exam</p> <p>Unit 5 Learning Aim A submission</p> <p>CEIAG: Experiencing life as a personal trainer</p>	<p>Unit 5 is the last unit in the BTEC Sport programme. The unit has a small practical sport element, allowing some delivery outside of the classroom. In this unit students have to think and act like a personal trainer allowing them an insight into the fitness industry. This unit follows on nicely from Unit 2. In Unit 2 students had to identify which components of fitness need improvement, in this unit students learn how to test those components and compare individuals to national norm whilst looking at areas of strengths and areas of development.</p> <p>This unit is taught in order of learning Aims/assignments. Authorised Pearson assignment briefs are used to ensure all criteria is sufficiently covered.</p>
Year 13 Term 4	<p>Unit 5 - Learning aim B: Explore fitness tests for different components of fitness continued</p> <p>Learning aim C: Undertake evaluation and feedback of fitness test results</p>	<p>Unit 5 Learning Aim B submission</p>	
Year 13 Term 5	<p>Learning aim C: Undertake evaluation and feedback of fitness test results continued</p> <p>Unit 2 Fitness Training and Programming for health sport and well-being – resit - external exam</p> <p>Practical sport</p>	<p>Unit 5 Learning Aim C submission</p>	<p>Resit students will resit their Unit 2 external exam in this half term to ensure maximum opportunity for success</p> <p>The course aims to be finished just after Easter to allow the BTEC Sport students some 'down time'</p> <p>The course will finish off with a 'fun' practical sport element to allow students to finish their sport course in a practical way. Finishing the course early will also aid student's mental health when faced with additional A Level exam pressure.</p>