

Archbishop Beck Catholic College Long Term Plan for BTEC Sport

**Year 12 Sport**

<b>Autumn Half Term 1</b>	<b>Half Term 2</b>	<b>Key Vocabulary/Reading Opportunities</b>
<p>Topic Areas to be covered:  <b>UNIT 1 - Anatomy &amp; Physiology</b>  <b>A - The effects of exercise and sports performance on the skeletal system.</b>                      A1 to A6  <b>B - The effects of exercise and sports performance on the muscular system.</b>                      B1 to 8   <u><b>AP1 Assessment</b></u></p>	<p>Topic Areas to be covered:  <b>C - The effects of exercise and sports performance on the respiratory system.</b>                      C1 to A7  <b>D - The effects of exercise and sports performance on the cardiovascular system.</b>                      D1 to 6  <b>E - The ATP-PC (alactic) system in exercise and sports performance</b>                      E1 to 6   <u><b>AP2 Assessment</b></u>   <u><b>Examination attempt 1 - January AP3</b></u></p>	<p><b>A - Anatomical bone names, synovial joints (ball &amp; socket, hinge, condyloid), types of bones - long, short, flat, irregular. Joint movement - flexion, extension, adduction. Effects of exercise - bone density</b>  <b>B - Anatomical muscle names - soleus, gastrocnemius, and bicep branchii. Eccentric, concentric, isotonic and isometric contractions. Antagonistic, agonist and antagonist. Muscle fibres. ATP</b>  <b>E - ATP-PC system, Resynthesis, Anaerobic, aerobic respiration, Glycolysis, Krebs cycle.</b>                      Consolidation, Evaluate, Analyse, Modelling                      Self-assessment and Peer assessment</p>
<b>Spring Half Term 3</b>	<b>Half Term 4</b>	<b>Key Vocabulary/Reading Opportunities</b>
<p>Topic Areas to be covered:  <b>UNIT 4 - Sports Leadership</b>  <b>LA-A -Understand the roles, qualities and characteristics of an effective leader</b>   <b>LA-B - Examine the importance of psychological factors and their link with effective leadership</b></p>	<p>Topic Areas to be covered:  <b>LA-C Explore an effective leadership style when leading a team during sport and exercise activities</b>                       Unit 1 - Consolidation of topics A, B, C, D and E in preparation for second attempt                      Unit 1 examination.</p>	<p><b>Roles, qualities, coach, teacher, instructor, manager, official, score keeper, first aider, health &amp; safety officer, risk assessor. Rapport, confidence, communication, authoritative, motivator, collaborator. Ethical, integrity, inspirational. Ringlemann effect, attribution theory. Situational, transformational, transactional leadership.</b></p>

<b>Summer Half Term 5</b>	<b>Half Term 6</b>	<b>Key Vocabulary/Reading Opportunities</b>
<p>Topic Areas to be covered:</p> <p>Unit 1 - Consolidation of topics A, B, C, D &amp; E in preparation for second attempt Unit 1 examination.</p> <p>Examination attempt 2 - May 2020</p>	<p>Topic Areas to be covered:</p> <p>Begin Year 13 topics</p>	<p>Consolidation</p> <p>Evaluate</p> <p>Analyse</p> <p>Modelling</p> <p>Self-assessment</p> <p>Peer assessment</p>

## Year 12

<b>Cultural Capital Experiences throughout the Academic Year</b>	<b>Learning Characteristics instilled in the curriculum</b>	<b>Career Opportunities</b>
<ul style="list-style-type: none"> <li>• PE review magazines</li> <li>• Sporting Trips</li> <li>• University visits</li> </ul>	<ul style="list-style-type: none"> <li>• High expectations in presentation of exercise books and weekly homework tasks</li> </ul>	<ul style="list-style-type: none"> <li>• PE careers week</li> <li>• Work experience</li> <li>• University visits</li> <li>• volunteering</li> </ul>
<b>Metacognition Methods applied in Teaching</b>		
<ul style="list-style-type: none"> <li>• Consolidation exercise at the beginning of every lesson to revisit prior learning</li> <li>• Allow thinking time during questioning and class discussion</li> <li>• Think/Pair/Share strategy</li> <li>• Variation of teaching style</li> <li>• Group and independent learning tasks</li> <li>• Modelling of examination questions</li> <li>• Valiant vocabulary highlighted in notes and exam mark schemes</li> </ul>		

## Year 13 Sport

<b>Autumn Half Term 1</b>	<b>Half Term 2</b>	<b>Key Vocabulary/Reading Opportunities</b>
<p>Topic Areas to be covered:  <b><u>UNIT 2 - Fitness Training and Programming for Health, Sport and Well-being</u></b>            Examine lifestyle factors and their effect on health and well being</p> <p>Understand the screening processes for training programming</p> <p>Understand programme-related nutritional needs</p> <p><b><u>AP1 Assessment</u></b></p>	<p>Topic Areas to be covered:  <b>Examine training methods for different components of fitness.</b>  <b>Understand training programme design</b>  <b><u>AP2 Assessment</u></b></p> <p><b><u>Examination attempt 1 - January AP3</u></b></p>	<p>Analyse, Assess, Compare,            Create/construct, discuss, demonstrate, evaluate, explore, examine, identify, interpret, investigate, justify, manage, report, research, review, stage and manage, undertake, carry out and develop            Recreation, geographical, socio-economic, pathways, sectors, apprenticeships, safeguarding, specifications, disclosure, legislation, qualification, governing body and professional body.            Consolidation, Evaluate, Analyse, Modelling            Self-assessment and Peer assessment</p>
<b>Spring Half Term 3</b>	<b>Half Term 4</b>	<b>Key Vocabulary/Reading Opportunities</b>
<p>Topic Areas to be covered:  <b><u>UNIT 3 - Professional Development in the Sports Industry</u></b>            Understand the career and job opportunities in the sports industry</p> <p>Explore own skills using a skills audit to inform a career development action plan.</p>	<p>Topic Areas to be covered:  <b>Undertake a recruitment activity</b>  <b>Reflection on the recruitment and selection process and individual performance.</b></p>	<p>Roles, qualities, coach, teacher, instructor, manager, official, score keeper, first aider, health &amp; safety officer, risk assessor, SWAT analysis, educational certificates, sport-specific awards, sporting achievements, testimonials, press cuttings, work experience, volunteering, any other relevant evidence and CVs targeting sports industry jobs.            Consolidation, Evaluate, Analyse, Modelling            Self-assessment and Peer assessment</p>

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