



Archbishop Beck Catholic College

KS5 Scheme of Work

Year 12 Physical Education BTEC SPORT



Lesson Sequencing	The High 5 lesson : to be used throughout year	HAP further learning opportunities
<p>UNIT 1 Anatomy and Physiology The structure and function of the 5 body systems; the long and short term effects of exercise on each system (muscular-skeletal system, analysis of movement, respiratory system, cardio-respiratory system, energy systems - examination)</p> <p>UNIT 4 - Sports Leadership LA-1 -Understand the roles, qualities and characteristics of an effective leader - leadership roles; skills, qualities, characteristics and application; importance and effective use of skills, qualities and characteristics when leading. LA-B - Examine the importance of psychological factors and their link with effective leadership - Psychological factors that could impact on leadership; leadership and psychological factors. LA-C Explore an effective leadership style when leading a team during sport and exercise activities- expectations of leadership; practical skills required for different leadership styles;</p>	<p>Consolidation: Tasks to support prior learning including class discussion, quizzes, past exam questions, focus on valiant vocabulary for topics already taught, self-assessment assessment using mark scheme. Link to sports leaders in society and develop pupil knowledge on leaders' achievements within the country and worldwide.</p> <p>Modelling: Focus on scaffolding exam answers and extended answers in the coursework task with the use of exemplar answers and mark schemes. Teacher led to start with then in groups, pairs and individually with the use of notes to support independence as confidence increases. Peer assessment of exemplar answers identifying areas of strength and improvement, Used to develop well-structured and detailed coursework. Use of purple pen activities to reinforce modelling tasks. Teacher demonstrations of quality leadership in sport, use of video to analyse well known leaders in sport. Self and peer assessment of other's leading sports / activities. Teacher led sessions to demonstrate and model the perfect lesson. Students to enjoy participation and to gain further understanding on qualities and characteristics</p>	<p>Extension - all students will be challenged to produce work of distinction standard. Modelling tasks will help all students to be able to evaluate and analyse and answer extended questions. Extended questions focus on all topics, use of authentic texts, increased use of extended vocabulary, and focus on key valiant vocabulary, challenge activities incorporated into response and feedback, peer support and self-assessment.</p> <p>Opportunities to lead sport sessions to KS3 and primary students. Careers week and employment opportunities, university visits to exercise physiology labs. University open days. University scholar's programme and social mobility programme. Exam booklets created to support independent learning.</p>

leading a sport and exercise activity;
effectiveness and impact of leadership on a
sport and exercise activity.

required to be an effective lesson.

Response and Feedback: Q & A, visual and verbal feedback to whole class and individuals, improvement tasks - use of green pen, peer improvement tasks, detailed marking of written tasks, next step marking. Student's complete reflective task sheets based on their performance as leaders but also evaluate the teacher-led sessions that model the ideal practical lesson. Feedback to peers / teacher on why session was successful and implement in own coaching session.

Challenge: in coursework units all students will be equipped with the knowledge to answer distinction criteria, facilitated through the use of modelling and scaffolding tasks. Examination units will focus on the ability to analyse and evaluate the effects of exercise on the body in extended questions. More able students to demonstrate their ability to adapt and deliver sessions in the event of bad weather / lack of equipment / increase or decrease in students...teacher sets scenario to challenge them and deliver session effectively despite set barriers.

Independence: application of knowledge to complete coursework tasks, examination questions, research homework tasks, condensing notes in mind maps. Self and peer assessment using exemplar material and during practical activity (leading sport activities). Students research websites to plan sessions, gain drills/practices and prepare lessons.