



Archbishop Beck Catholic College

KS5 Scheme of Work

Year 13 Physical Education BTEC SPORT



Lesson Sequencing	The High 5 lesson : to be used throughout year	HAP further learning opportunities
<p><b>UNIT 4 - Training and Fitness</b>  <b>Examine lifestyle factors and their effect on health and well being</b>  <b>A1-3</b> Positive lifestyle factors and their effects on health and well-being; negative lifestyle factors and their effects and lifestyle modification techniques.  <b>Understand the screening processes for training programming</b>  <b>B1-3</b> Screening Processes; health monitoring tests and interpreting the results of health monitoring tests.  <b>Understand programme-related nutritional needs</b>  <b>C1-3</b> - common terminology; components of a balanced diet; nutritional strategies for individuals taking part in training programmes.  <b>D Examine training methods for different components of fitness.</b>  <b>D1-3</b> - components of fitness; training methods  <b>Understand training programme design</b>  <b>E1</b> - Principles of fitness training programme design.</p>	<p><b>Consolidation:</b> 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.  <b>Modelling:</b> 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.  <b>Response and Feedback:</b> Q &amp; 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.  <b>Challenge:</b> in coursework units all students will be</p>	<p><b>Extension</b> - 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. 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>

**UNIT 3 - Professional Development in the Sports Industry**

**Understand the career and job opportunities in the sports industry**

**A1-4** - scope and provision; careers and jobs; professional training routes; and legislation, skills in the sports industry and sources of continuing professional development.

**Explore own skills using a skills audit to inform a career development action plan.**

**B1-3** - personal skills audit; planning personal development towards a career; maintaining a personal portfolio/record of achievement.

**Undertake a recruitment activity**

**C1-2** - Job applications, interviews and selected career pathway-specific skills.

**Reflection on the recruitment and selection process and individual performance.**

**D1-2** - review and evaluation, complete a SWOT and action plan.

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.

**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).

