

Archbishop Beck Catholic College Long Term Plan for BTEC Sport

Year 12 Physical Education

Autumn Half Term 1	Half Term 2	Key Vocabulary/Reading Opportunities
<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 B8   <u>AP1 Assessment</u></p>	<p>Topic Areas to be covered:  <b>C - The effects of exercise and sports performance on the respiratory system.</b>                      C1 to C7  <b>D - The effects of exercise and sports performance on the cardiovascular system.</b>                      D1 to D6  <b>E - The effects of exercise and sports performance on the energy systems.</b>                      E1 to E6   <u>AP2 Assessment</u>   <u>Examination attempt 1 - January AP3</u></p>	<p>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 - Anatomical muscle names - soleus, gastrocnemius, and bicep brachii. Eccentric, concentric, isotonic and isometric contractions. Antagonistic, agonist and antagonist. Muscle fibres. ATP                      E - ATP-PC system, Resynthesis, Anaerobic, aerobic respiration, Glycolysis, Krebs cycle.                      Consolidation, Evaluate, Analyse, Modelling                      Self-assessment and Peer assessment</p>
Spring Half Term 3	Half Term 4	Key Vocabulary/Reading Opportunities
<p>Topic Areas to be covered:  <b>UNIT 7 - Practical Sports Performance</b>  <b>LA-A - Examine National Governing Body rules/laws and regulations for selected sports competitions.</b>   <b>LA-B - Examine the skills, techniques and tactics required to perform in selected sports.</b></p>	<p>Topic Areas to be covered:  <b>LA-C - Develop skills, techniques and tactics for sporting activity in order to meet sport aims.</b>   <b>Unit 1 - Consolidation of topics A, B, C, D and E in preparation for second attempt Unit 1 examination.</b></p>	<p>Examine, Reflect, Develop, Analyse, Justify, Skills, Tactical, Technical, Rules/Laws, Roles and Responsibilities, Regulations, Isolated, Conditioned, Competitive, Assessment Methods. Officials, Communication, Application, Effective, SWOT, Subjective, Objective, Observations, Interviews, Testing, Technology, SMART, Goal setting.</p>

<b>Summer Half Term 5</b>	<b>Half Term 6</b>	<b>Key Vocabulary/Reading Opportunities</b>
<p>Topic Areas to be covered:  <b>LA - D - Reflect on own practical performance using selected assessment methods.</b></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</p>	<p>Topic Areas to be covered:  <b>Begin Year 13 topics</b></p>	<p>Consolidation            Evaluate            Analyse            Modelling            Self-assessment            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 Physical Education

<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>  <b>LA - A - Examine lifestyle factors and their effect on health and well being.</b></p> <p><b>LA - B - Understand the screening processes for training programming.</b></p> <p><b>LA - C - Understand programme-related nutritional needs.</b></p> <p><b><u>AP1 Assessment</u></b></p>	<p>Topic Areas to be covered:  <b>LA - D - Examine training methods for different components of fitness.</b>  <b>LA - E - Understand training programme design.</b></p> <p><b><u>AP2 Assessment</u></b></p> <p><b><u>Examination attempt 1 - January AP3</u></b></p>	<p>Interpretation, Justification, Qualitative evidence, Quantitative evidence, Relevance. SMARTER, FITT, Aims, Objectives, Principles of Training, Periodisation. Plyometrics, SAQ, RDA, BMI, PAR-Q.</p> <p>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>  <b>LA - A - Understand the career and job opportunities in the sports industry.</b></p> <p><b>LA - B - Explore own skills using a skills audit to inform a career development action plan.</b></p>	<p>Topic Areas to be covered:  <b>LA - C - Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway.</b></p> <p><b>LA - D - Reflect 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, SWOT analysis, educational certificates, sport-specific awards, sporting achievements, testimonials, press cuttings, work experience, volunteering, any other relevant evidence and CVs targeting sports industry jobs.</p> <p>Consolidation, Evaluate, Analyse, Modelling Self-assessment and Peer assessment</p>

<b>Summer Half Term 5</b>		<b>Key Vocabulary/Reading Opportunities</b>
<p>Topic Areas to be covered:</p> <p><b>Unit 3 - Standardisation and Completion of Coursework.</b></p> <p><b>Unit 2 - Consolidation of topics A, B, C, D &amp; E in preparation for second attempt Unit 2 examination.</b></p> <p><b>Examination attempt 2 - May</b></p>		<p>Consolidation</p> <p>Evaluate</p> <p>Analyse</p> <p>Modelling</p> <p>Self-assessment</p> <p>Peer assessment</p>

**Year 13**

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