



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 | Adaptive Teaching |
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| <p>UNIT 1 Anatomy and Physiology Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems. Structure, Functions, Responses to Exercise, Adaptations and Additional factors for each body system. How the body systems interrelate.</p> <p>UNIT 7 - Practical Sport Learners study the skills, techniques, tactics and rules of selected sports through active participation in individual/team sports.</p> <p>A Examine National Governing Body rules/laws and regulations for selected sports competitions B Examine the skills, techniques and tactics required to perform in selected sports C Develop skills, techniques and tactics for sporting activity in order to meet sport aims D Reflect on own practical performance using selected assessment methods.</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.</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.</p> <p>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.</p> | <p>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> |

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.

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).

