

Key Stage 5 Curriculum Overview

Subject: BTEC Sport Level 3 National Extended Certificate

Year 12 and 13

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Assessment
<u>Year 12</u> <i>Unit 1: Anatomy and Physiology</i> A – The effects of exercise and sports performance on the skeletal system <i>Unit 4: Sports Leadership</i> A – Understand the roles, qualities and characteristics of an effective sports leader	<u>Year 12</u> <i>Unit 1: Anatomy and Physiology</i> B – The effects of exercise and sports performance on the muscular system <i>Unit 4: Sports Leadership</i> B – Examine the importance of psychological factors and their link with effective leadership	<u>Year 12</u> <i>Unit 1: Anatomy and Physiology</i> B – The effects of exercise and sports performance on the muscular system <i>Unit 2: Fitness Training and Programming for Health, Sport and Well-being</i> A – Examine lifestyle factors and their effect on health and well-being	<u>Year 12</u> <i>Unit 2: Fitness Training and Programming for Health, Sport and Well-being</i> B – Understand the screening processes for training and programming D – Examine training methods for different components of fitness	<u>Year 12</u> <i>Unit 2: Fitness Training and Programming for Health, Sport and Well-being</i> C – Understand programme -related nutritional needs	<u>Year 12</u> <i>Unit 1: Anatomy and Physiology</i> C – The effects of exercise and sports performance on the respiratory system <i>Unit 4: Sports Leadership</i> C – Explore an effective leadership style when leading a team during sport and exercise activities	<u>Year 12</u> <i>Unit 2 Exam: May</i> <i>Unit 4 Internally assessed coursework – July</i>

<u>Year 13</u>	<u>Year 13</u>	<u>Year 13</u>	<u>Year 13</u>	<u>Year 13</u>	<u>Year 13</u>	<u>Year 13</u>
<i>Unit 1: Anatomy and Physiology</i> C – The effects of exercise and sports performance on the respiratory system <i>Unit 3: Professional Development in the Sports Industry</i> A – Understand the career and job opportunities in the sports industry B – Explore own skills using a skills audit to inform a career development action plan	<i>Unit 1: Anatomy and Physiology</i> D – The effects of exercise and sports performance on the cardiovascular system <i>Unit 1: Anatomy and Physiology</i> Revision/Exam preparation	<i>Unit 3: Professional Development in the Sports Industry</i> B - Explore own skills using a skills audit to inform a career development action plan <i>Unit 3: Professional Development in the Sports Industry</i> C – Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway	<i>Unit 3: Professional Development in the Sports Industry</i> D – Reflect on the recruitment and selection process and your individual performance			<i>Unit 1 Exam – January</i> <i>Unit 12 Internally assessed coursework - May</i>