

The Big Picture Y13 – Intent:

The aim of BTEC National Sport in year 13 is to continue to work through the Pearson/Edexcel specification for Unit 2 and 4 until course completion. Students will gain knowledge, skills and understanding of the content fully for Unit 2 Fitness training and Programming and Unit 4 Sports Leadership. There will be limited practical work during Y13 except where there is the opportunity to reinforce learning regarding responses to exercise and training/testing and leadership and coaching lessons. Practical activities include opportunity to develop new leadership skills.

Students will study the content, lesson by lesson in either isolated topics or as part of a bigger learning journey across several lessons. Students will develop knowledge of health, fitness training and programming and wellbeing and study, leadership focussing upon the styles, practical delivery and psychological factors affecting leadership.

Implementation:

Students will have 10 hours per fortnight, most of these are classroom based. Students will need to be assessed in 6 Learning Aims for Unit 2 LA A-LA F. Students will complete written coursework in Unit 4. Within Unit 4, students will receive end of unit practice questions under test conditions for LA A – LA-F. This will consist of practice questions that utilise past paper questions to ensure examination preparation. A full mock prior to the assessment window January will also occur. These end of unit practice questions and mocks will allow staff feedback, students will then respond in order to progress and improve areas of weakness. All end of unit practice questions will allow for interleaving of all learned topic areas to date. Independent and group work will occur in order to maximise content learning opportunities and a variety of apps, class and homework will also be utilised. Most units will be between 4 and 15 lessons with assessment and feedback opportunities before the next learning aim is started within each.

Key Summative Assessments:

Unit 2 – end of unit tests LA A-F. Mock question scenario and exam series in Jan of Y13. Resit is available in May/June for Unit 2 and 1 (if not previously taken).

Autumn Term

Unit 2 – LA A-F
Unit 2 – end of unit practice question (1-6)
Unit 2 Mock (full scenario)
Real assessment preparation

Spring Term

Unit 2 Controlled assessment (exam conditions)
Unit 4. LA A – Leadership roles, skills and qualities, LA B – Psychological factors associated with leadership. LA C – Leadership styles and planning and leading an event.

Spring Term

Unit 2 Controlled assessment (exam conditions)
Unit 4. LA A – Leadership roles, skills and qualities, LA B – Psychological factors associated with leadership. LA C – Leadership styles and planning and leading an event.

Impact:

Students will build on and embed the physical development and skills learned in Year 11 BTEC or GCSE (if followed). Students will develop detailed knowledge of topic areas and link to sporting examples. Students will be able to apply to all elements of the course. Students being able to Recall and apply the health, fitness and wellbeing content to sports performers as this is key to successful BTEC progress. Students need to maintain an organised regime of class and homework. Previous learning, using their knowledge bank/folders, will be utilised regularly to recap and prepare for the examination assessment in January. Starter/Do it now (you do) tasks will keep topics fresh and link to previous learning. Unit 4 work allows students to develop leadership and coaching awareness, planning and delivery alongside psychological factors. This may allow study areas in further education and career or volunteer sectors in all future careers.

Content/Units	Skills	Knowledge	Prior Learning (Y11) – GCSE below (BTEC first students have no awareness of Unit 1)	Future Learning (Y13)
THEORY	Students will develop the ability to recall and explain using sporting examples for all content areas.	Students will develop knowledge of the key areas listed below.	Students taking GCSE and BTEC First will have prior basic knowledge and understanding of unit 2 health and fitness.	
Unit 2 LA A – Leading a healthy lifestyle	Students will develop the ability to recall and explain using sporting examples for all content areas.	Positive lifestyle factors & their effects, physical benefits of Exercise/ PA, reducing the risk of chronic illness, benefits of exercise/ PA- economic, social, psychological, government guidelines for physical activity (PA), balanced diet- Government guidelines, fluid intake and the effects, benefits to a healthy diet strategies for improving dietary intake, positive risk taking, alcohol, smoking, stress and sleep-explanation and advice.	N/A	Potential university or career use
Unit 2 LA B – Negative lifestyle factors and health screening	Students will develop the ability to recall and explain using sporting examples for all content areas.	Negative lifestyle factors, negative lifestyle factors, health screening - normative data.	N/A	Potential university or career use
Unit 2 LA C – Diet and ergogenic aids	Students will develop the ability to recall and explain using sporting examples for all content areas.	Components of a balanced diet, using ergogenic aids in training programmes, nutritional strategies for individuals.	N/A	Potential university or career use
Unit 2 LA D – Training types	Students will develop the ability to recall and explain using sporting examples for all content areas.	Components of fitness to be trained, training methods for physical fitness, training methods for skill-related fitness.	GCSE and BTEC First have covered basic COF and training types	Potential university or career use
Unit 2 LA E – Training programmes	Students will develop the ability to recall and explain using sporting examples for all content areas.	Designing a Training Programme.	GCSE and BTEC First have covered basic programme design and training types	Potential university or career use
Unit 2 LA F – Principles of training and Training factors	Students will develop the ability to recall and explain using sporting examples for all content areas.	Principles of Training, SMARTER Targets, Periodisation.	GCSE and BTEC First have covered basic POT and periodisation	

Unit 4 LA A – Leadership factors	Students will develop the ability to describe, explain and apply/evaluate using sports industry examples for all content areas.	Different leadership role, job descriptors for x 3 leadership roles, discuss/explain the skills needed to be a successful leader, analyse the importance of using these skills, evaluate the impact of skills on sports leadership, discuss/explain the qualities needed to be a successful leader, analyse the importance of using these qualities, evaluate the impact of qualities on sports leadership, discuss/explain the characteristics needed to be a successful leadership, analyse the importance of using these characteristics, evaluate the impact of characteristics on sports leadership.	Career focus within ID lesson only may have covered some elements. Interviews and applications also covered as part of the KS4 experience. BTEC First Sport students will have also participated in some leadership and coaching events.	Potential career insight and provocation
Unit 4 LA B – psychological factors of leadership	Students will develop the ability to describe, explain and apply/evaluate using sports industry examples for all content areas.	Psychological factors in sport, external psychological factor - group cohesion, social loafing/ The Ringleman effect, motivation, personalities, confidence, anxiety and arousal, internal psychological factors - attribute/ self-confidence, past experience, the self-serving bias, self-esteem, behaviour - accidental v intentional, different types of leadership.	N/A	Potential career insight and provocation
Unit 4 LA C – Planning and delivering a leadership session	Students will develop the ability to describe, explain and apply/evaluate using sports industry examples for all content areas.	Effective leadership roles, practical skills for different leadership styles, types of effective leadership styles, types of effective leadership styles, leading a sport and exercise activity, SMARTER targets, lesson plan design, learning objectives, lesson review, practical session filming, exploring an effective leadership style.	BTEC First students have studied basic leadership skills, planning and delivering a basic session to primary school aged students.	Useful skill and experience regarding interview and application process applicable to sport