

**Key Stage 5 Subject Timeline Year 12 and 13**

**Subject: BTEC SPORT**

**Exam Board: Pearson**

<b>Year 12</b>						
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Topics</b>	<p><i>Anatomy – Skeletal system – The effects of exercise and sports performance on the skeletal system</i></p> <p><i>Leadership – understand the roles, qualities, and characteristics of an effective sports leader</i></p>	<p><i>Anatomy – Muscular – The effects of exercise and sports performance on the muscular system</i></p> <p><i>Leadership – Examine the importance of psychological factors and their link with effective leadership.</i></p>	<p><i>Anatomy – Respiratory – The effects of exercise and sports performance on the respiratory system</i></p> <p><i>Leadership – Explore an effective leadership style when leading a team during sport and exercise activities</i></p>	<p><i>Anatomy – Cv/energy – The effects of exercise and sports performance on the cv system. The effects of exercise and sports performance on the energy system.</i></p> <p><i>Leadership - Explore an effective leadership style when leading a team during sport and exercise activities</i></p>	<p>Preparation for exam and exam in the middle of this half term.</p>	<p>Start of year 13 - Training and fitness – Examine the lifestyles factors and their effect on health and well being.</p>
<b>Key skills and Concepts</b>	<p><i>Anatomy - Understand the locations of major bones, the functions of the skeleton, types of joints.</i></p> <p><i>Leadership – leaderships, skills, characteristics, qualities – understand the importance of these in leadership</i></p>	<p><i>Anatomy – Understand the locations of the major muscles, types of muscle, Antagonistic pairs, types of contraction, fibre types, responses to exercise.</i></p> <p><i>Leadership – understand the different psychology factors that effect leadership – team cohesion/personality/motivation/confidence.</i></p>	<p><i>Anatomy – Understand structure and functions of the respiratory system, mechanisms of breathing, control of breathing, gaseous exchange, lung volumes, responses to exercise.</i></p> <p><i>Leadership – plan/prepare/for coaching scenarios.</i></p>	<p><i>Anatomy – structure and function of the cv system, nervous control of the cardiac cycle, responses to exercise, adaptations, The role of ATP in exercise, ATP-PC system, Lactate threshold system, aerobic system, combinations of systems, adaptations.</i></p> <p><i>Leadership – deliver and review a leadership session</i></p>	<p>NA</p>	<p><i>Understand the factors – sleep, stress, diet, exercise, sedentary lifestyle, alcohol and smoking that effect lifestyle/health/well being.</i></p> <p><i>Understand the concepts required to lift barriers to sport</i></p>
<b>Threshold Concepts</b>	<p>Anatomy – Understanding the link between types of bones, their roles and how they are effected by sport</p> <p>Leadership skills – organisation/confidence/com munications/characteristics.</p>	<p>Anatomy – Understanding the link between different types of muscle, their roles and how they are effected by sport.</p> <p>Leaderships – team cohesion/personality traits/arousal/internal attribution.</p>	<p>Anatomy – Understanding the links between the different parts of the respiratory system and how they work to transport o2/co2 into and out of the body.</p> <p>Leadership - Understand the requirements for delivery of a session/review and delivery.</p>	<p>Anatomy – Understanding the links between the structure of the cv system and its ability to transport around the body.</p> <p>Leadership – Deliver using the plan/do/review method.</p>	<p>NA</p>	<p>Understand the structure of the exam question and how to answer using key concepts.</p>

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<b>Endpoints</b>	<i>Can confidently identify all the major bones/their responsibilities and how they work to create movement.</i>	<i>Can confidently identify all the major muscle groups and their responsibility and how they work to create movement.</i>	<i>Can confidently identify the different areas of the Respiratory system and how they combine to create inspiration/expiration</i>	<i>Can confidently identify the different parts of the cv system and how they work to transport blood around the body.</i>		<i>Can identify and make correct judgements on all 7 lifestyle factors and 4 health screening tests.</i>
	<i>Understand how leadership can effect the success of the group</i>	<i>Understand the differing ways groups work</i>	<i>Understand the make up and design of a coaching session and how it can challenge participants</i>	<i>Can identify the different energy systems and the way they overlap to allow performance to happen.</i>		
	<i>Can deliver and evaluate accurately a coaching session</i>					
<b>Assessment</b>	Exam  Written essay	Exam  Written essay	Exam  Coaching session plan	Exam  Delivery and evaluation of coaching session	Final board exam	Written exam question

Year 13						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topics</b>	<i>Fitness and health – Diet and its effects on the sportsperson. Training methods and how they work for different sports</i>	<i>Fitness and health - Planning and designing training programmes.</i>	<i>Fitness and Health – board exam</i>	<i>Careers in sport- Interview process</i>		
	<i>Careers in sport – Understand the different career pathways and opportunities.</i>	<i>Careers in sport – Career audits and development action plans</i>	<i>Careers in sport – Recruitment and selection for a job</i>			
<b>Key skills and Concepts</b>	<i>F and H – Understand the composition of a healthy diet and its impact on sports performance</i>	<i>F and H – Can understand the different types of training for each component of fitness.</i>	<i>Careers in sport – Interview skills, cv writing, letter of application.</i>	<i>Body language and presentation in interview, subject knowledge for interview, Additional sessions for interview, evaluation of processes</i>		
	<i>Careers in sport – Know the types of jobs in the sports industry and the factors that effect them</i>	<i>Careers in sport – Can understand the different developments that can take place to further careers in sport.</i>				

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<b>Threshold Concepts</b>	<p>F and H – Know the main food groups and there impact on the body</p> <p>Careers in sport – Can link the types of jobs available and the market available.</p>	<p><i>F and H – Know how each method can influence the physical fitness of different sportspeople eg Strength training and muscle development.</i></p> <p><i>Careers in sport – Know how each sports career from selected range can be progressed and further training required.</i></p>	<p>Careers – Can confidently plan the application materials for a job and prepare for interview.</p>	<p>Careers – Complete the interview process with support coaching session. Understand the impact of body language, subject knowledge, planning and organisation.</p>		
<b>Endpoints</b>	<p><i>F and H – Can plan and adapt dietary needs for different sports people or different outcomes.</i></p> <p><i>Careers in sport – Are able to plan and plot a career pathway.</i></p>	<p><i>F and H – Can plan different training programmes for different athletes trying to achieve different goals.</i></p> <p><i>Careers – Able to explain the career progression and waypoints.</i></p>	<p><i>Careers – Submission of coursework covering all key areas of interview application process</i></p>	<p><i>Conduct interview and coaching session. Evaluation of all sections</i></p>		
<b>Assessment</b>	<p>F and H – Exam</p> <p>Careers - Assignment 1 section A coursework.</p>	<p>F and H - Exam</p> <p>Careers – Assignment Section B coursework</p>	<p>Careers – Assignment section C hand in</p>	<p>Hand in of final coursework for section D.</p>		