

Year 12 and 13 A Level PE - BTEC Sport Extended Certificate Curriculum Rationale

The content of this qualification has been developed in consultation with academics to ensure that it supports progression to higher education. Employers and professional bodies have also been involved and consulted to confirm that the content is appropriate and consistent with current practice for learners who may choose to enter employment directly in the sport sector. Learners will study three mandatory units: Unit 1: Anatomy and Physiology, Unit 2: Fitness Training and Programming for Health, Sport and Well-being, Unit 3: Professional Development in the Sports Industry and either Unit 5: Fitness Testing & Training or Unit 7: Practical Sports Performance. In addition to the sport sector specific content outlined above, the requirements of the qualification will mean that learners develop the transferable and higher order skills that are valued by higher education providers and employers. Study of sport particularly encourages the development of skills and behaviours such as teamwork, leadership, performance analysis, resilience, evaluation, analysis and synthesising concepts. These skills are developed through the variety of approaches to teaching and learning enabled by the specification.

Unit:	Core knowledge/skill development:	Sequence:	Assessment:	Literacy, numeracy, PSHE, FBV, other links	ACP and VAA development:	Home learning and enrichment
Unit 1- Anatomy and Physiology	AO1 Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting each body system AO2 Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system and additional factors that can affect body systems in relation to	Completed in Y12 to allow for potential retakes in Y13	Written exam (1.5 hours, 80 marks)	SPAG- understanding mark schemes and answering developed essays Knowledge of content Literacy of key words Use of ICT	Metathinking – Metacognition Linking- Connection finding Realising – Automaticity Linking- Big Picture thinking Hardworking – Practice Realising - Automaticity	Content uploaded to MS Teams Quizlet Powerpoints Quizizz

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	<p>exercise and sporting performance AO3 Analyse exercise and sports movements, how the body responds to short-term and long-term exercise and other additional factors affecting each body system AO4 Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movements AO5 Make connections between body systems in response to short-term and long-term exercise and sport participation. Make connections between muscular and all</p>					

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	other systems, cardiovascular and respiratory systems, energy and cardiovascular systems					
Unit 2- Fitness Training and programming for health, sport and well-being	AO1 Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being AO2 Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals AO3 Analyse and interpret screening information relating to an individual's lifestyle questionnaire	Completed in Y12 to allow for potential retakes in Y13	Written exam (2.5 hours, 60 marks Supervised preparation allowed	SPAG- understanding mark schemes and answering developed essays Knowledge of content Literacy of key words Use of ICT	Linking- Connection finding Hardworking – Practice Analysing – Precision Realising - Automaticity Empathy – concerned for society	Content uploaded to MS Teams Quizlet Powerpoints Past exam questions used

Unit:	Core knowledge/skill development:	Sequence:	Assessment:	Literacy, numeracy, PSHE, FBV, other links	ACP and VAA development:	Home learning and enrichment
	and health monitoring tests AO4 Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved AO5 Be able to develop a fitness training programme with appropriate justification					
Unit 3- Professional Development in the Sports Industry	A – Understand the career and job opps in the sports industry. B – Explore own skills using a skills audit to inform a career development plan. C – Understake a recruitment activity to demonstrate the processes that can lead to a successful	Completed in Y13 to provide an understanding of what grades required to achieve certain final grades.	Coursework (Mandatory)	SPAG- understanding criteria and creating developed content Knowledge of criteria + content Literacy of key words	Metathinking – Metacognition Linking- Connection Finding Realising – Automaticity Linking- Big Picture thinking	Complete coursework focus Exam board examples

Unit:	Core knowledge/skill development:	Sequence:	Assessment:	Literacy, numeracy, PSHE, FBV, other links	ACP and VAA development:	Home learning and enrichment
	job offer in a selected career pathway. D - Reflect on the recruitment and selection process and your individual performance			Use of ICT		
Unit 5 – Fitness Testing & Training	A – Understand the principles of fitness testing. B – Explore fitness tests for different components of fitness. C – Undertake evaluation and feedback of fitness test results	Completed in Y13 to provide an understanding of what grades required to achieve certain final grades.	Coursework (optional)	SPAG- understanding criteria and creating developed content Knowledge of criteria + content Literacy of key words Use of ICT	Metathinking – Metacognition Linking- Connection Finding Realising – Automaticity Linking- Big Picture thinking	Complete coursework focus Exam board examples
Unit 7 – Practical Sports Performance	A – Examine NGB rules/laws and regs for selected sports competitions. B – Examine the skills, techniques and tactics required to	Completed in Y13 to provide an understanding of what grades required to achieve certain final grades.	Coursework (optional)	SPAG- understanding criteria and creating developed content	Metathinking – Metacognition Linking- Connection Finding Realising – Automaticity	Complete coursework focus Exam board examples

Unit:	Core knowledge/skill development:	Sequence:	Assessment:	Literacy, numeracy, PSHE, FBV, other links	ACP and VAA development:	Home learning and enrichment
	<p>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>Knowledge of criteria + content</p> <p>Literacy of key words</p> <p>Use of ICT</p>	<p>Linking- Big Picture thinking</p>	