

## Year 12 CTEC Sport Single

The units in the Year 12 CTEC Sport Single curriculum have been selected to closely match the knowledge requirements of an A Level PE curriculum where possible and build on student's prior learning in PE and Biology at Key Stage 4. Unit 1 is taught linearly across the full year to enable students to develop a deep knowledge base before sitting their exam in the summer term of Year 12. The large coursework Unit 2 is also taught across the year to allow students to build up knowledge, skills and experience as a sports leader/coach throughout the full year and be given a range of opportunities to apply this.

Methods of deepening and securing knowledge:	
Retrieval practice	Retrieval tasks are a regular part of lessons for exam units to support students in learning key knowledge and tier three words. They are also used when appropriate for coursework units to support students to bring key information to mind whilst working on current coursework assignments.
Spaced practice	Retrieval tasks in exam units are spaced over time to support students in developing long-term learning in preparation for their exam(s) at the end of the unit.
Concrete examples	Students are encouraged to learn specific concrete examples to show their application of knowledge for all units.
Dual coding	Dual coding is used to support students in exam units for topics where key knowledge is harder to learn.

	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Unit	<b>Unit 1 Body systems and the effects of physical activity</b>					<b>Students begin Year 13 units</b>
	<b>LO1 Skeletal system</b> - Bones and functions - Joints - Movement types - Vertebral column - Short and long-term effects of exercise <b>LO2 Muscular system</b> - Muscles and roles - Types of contraction	<b>LO2 Muscular system</b> - Fibre types - Short and long-term effects of exercise <b>LO3 CV system</b> - Heart structure - HR, SV and Q - Blood and vessels - Vascular shunt - Short and long-term effects of exercise	<b>LO4 Respiratory system</b> - Lung structure - Respiratory muscles - Mechanics of breathing - Gas exchange - TV, f and VE - Short and long-term effects of exercise	<b>LO5 Energy systems</b> - ATP/PC system - Lactic acid system - Aerobic system - Energy continuum - Recovery process  <b>Revision</b>	<b>Revision</b>	

Assessment	- Assessment 1	- Assessment 2	- Assessment 3	- Assessment 4	- PPE and final exam	
CEIAG <i>(careers that are linked to that topic)</i>	- Physiotherapist	- Doctor/nurse	- Doctor/nurse	- Sports coach - Personal trainer		
Unit	<b>Unit 2 Sports coaching and activity leadership</b>					
	<b>LO1 Roles and responsibilities of sports coaches</b>	<b>LO3 Methods to improve skills, techniques and tactics</b>	<b>LO5 Preparing sports and activity environments</b>	<b>LO6 Delivering sports and activity sessions</b>	<b>LO7 Reviewing sports and activity sessions</b>	
	<b>LO2 Principles underpinning coaching and leading</b>	<b>LO4 Planning sports and activity sessions</b>	<b>LO6 Delivering sports and activity sessions</b>			
Assessment	- P1, P2, P3 assignments - P4, M1 assignments	- P5, M2 assignments - P6, P7, M3, D1 assignments	- P8 assignment - P9, P10, P11, M4 assignments	- P9, P10, P11, M4 assignments	- P12, M5, D2 assignments	
CEIAG <i>(careers that are linked to that topic)</i>	- Sports coach					

<b>Homework:</b>
Homework in L3 CTEC Sport is a core part of learning and supports the learning in class, developing knowledge, skills and experience further. Homework for exam units involves a range of research-based tasks, exam questions and active revision to effectively prepare students for assessments and exams. Homework for coursework units involves students continuing to develop their assignment work and act on feedback to improve the quality of their final submission work.