

Year 13 CTEC Sport Double

The units in the Year 13 CTEC Sport Double curriculum have been selected to closely match the knowledge requirements of an A Level PE curriculum where possible and build on students' prior learning in CTEC Sport in Year 12. Unit 17 develops students' knowledge from Unit 1 and enables them to apply their knowledge in a practical rehabilitation setting. Units 3, 13 and 19 all develop knowledge to help prepare students for studying a sport-related degree in higher education. Unit 11 builds on learning from Unit 2 to further their sports coaching skills and adapt their style for different groups and needs.

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 3 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	Unit 3 Sports organisation and development		Unit 17 Sports injuries and rehabilitation			
	- LO1 Organisation of sport in the UK - LO2 The purpose and structure of sports development	- LO3 The impact of sports development and how it can be measured - LO4 Sports development in practice	- LO1 Organisation of sport in the UK - LO2 The purpose and structure of sports development	- LO3 The impact of sports development and how it can be measured - LO4 Sports development in practice	- LO1 Organisation of sport in the UK - LO2 The purpose and structure of sports development	
Assessment	- Assessment 1 - Assessment 2	- Assessment 3 - PPE and final exam	- Assessment 1 - Assessment 2	- Assessment 3 - PPE and final exam	- Assessment 1 - Assessment 2	
CEIAG (<i>Careers that are linked to that topic</i>)	- Sports Development Officer		- Physiotherapist			
Unit	Unit 19 Sport and exercise psychology					

	- LO5 Psychological impact of sport and exercise on mental health and wellbeing - LO1 Factors affecting motivation in sport and exercise	- LO5 Psychological impact of sport and exercise on mental health and wellbeing - LO1 Factors affecting motivation in sport and exercise	- LO5 Psychological impact of sport and exercise on mental health and wellbeing - LO1 Factors affecting motivation in sport and exercise	- LO5 Psychological impact of sport and exercise on mental health and wellbeing - LO1 Factors affecting motivation in sport and exercise	- LO5 Psychological impact of sport and exercise on mental health and wellbeing - LO1 Factors affecting motivation in sport and exercise	
Assessment	- P6, P7, M5 assignments - P1, M1 assignments	- P6, P7, M5 assignments - P1, M1 assignments	- P6, P7, M5 assignments - P1, M1 assignments	- P6, P7, M5 assignments - P1, M1 assignments	- P6, P7, M5 assignments - P1, M1 assignments	
CEIAG <i>(Careers that are linked to that topic)</i>	- Sports psychologist		- Sports psychologist			
Unit	Unit 18 Practical skills in sport and physical activities		Unit 11 Physical activity for specific groups			
	- LO1 Skills, techniques and tactics of an individual sport - LO2 Skills, techniques and tactics of a team sport	- LO3 Skills and knowledge of an outdoor and adventurous activity - LO4 Officiating in a sport or physical activity	- LO1 Provision of physical activity for specific groups - LO2 Benefits and barriers to participating in physical activity for each specific group	- LO2 Benefits and barriers to participating in physical activity for each specific group - LO3 The exercise referral process	- LO4 Planning physical activity sessions for a specific group	
Assessment	- P1, P2, P3, M1, D1 assignments - P4, P5, P6, M2, D2 assignments	- P7 assignment - P8, M3, D3 assignments	- P1 assignment - P2, P3 assignments	- M1 assignment - P4 assignment	- P1, M2, D1 assignments	
CEIAG <i>(Careers that are linked to that topic)</i>	- Sports coach	- Outdoor activities instructor - Sports official	- Sports coach - Exercise instructor - Personal trainer			

Unit	Unit 13 Health and fitness testing for sport and exercise					
	- LO1 Fitness tests for different components of fitness	- LO2 Health and fitness consultations	- LO3 Planning a valid and reliable fitness testing session - LO4 Delivering a valid and reliable fitness testing session	- LO3 Planning a valid and reliable fitness testing session - LO4 Delivering a valid and reliable fitness testing session	- LO5 Interpreting fitness test results accurately and giving feedback to clients	
Assessment	- P1, M1 assignments	- P2 assignment - P3 assignment - M2 assignment	- P4 assignment	- P5, P6 assignments - M3 assignment	- P7, P8, M4 assignments - D1 assignment	
CEIAG (<i>Careers that are linked to that topic</i>)	- Personal trainer - Gym instructor					

Independent learning:

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