

Year 13 CTEC Sport Single

The units in the Year 13 CTEC Sport Single 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. Unit 3 and Unit 19 both develop knowledge to help prepare students for studying a sport-related degree in higher education.

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 Common sports injuries and their effects - LO2 Minimising the risk of sports injuries	- LO3 Responding to acute sports injuries - LO4 The roles of different agencies in the treatment and rehabilitation of sports injuries	- LO5 Planning rehabilitation programmes	
Assessment	- Assessment 1 - Assessment 2	- Assessment 3 - PPE and final exam	- P1, P2, M1 assignments - P3, P4, M2, D1 assignments	- P5, P6 assignments - P7, M3 assignments	- P8, P9, M4, D2 assignments	
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	- LO2 Attribution theory in sport and exercise	- LO3 Effects of stress, anxiety and arousal on sports performance	- LO3 Effects of stress, anxiety and arousal on sports performance - LO4 Group dynamics and how it affects team cohesion	- LO4 Group dynamics and how it affects team cohesion	
Assessment	- P6, P7, M5 assignments - P1, M1 assignments	- P2, M2 assignments D1 assignments	- P3, P4 assignments	- M3 assignment P5, M4 assignments	- D2 assignment	
CEIAG (<i>Careers that are linked to that topic</i>)	- Sports psychologist					

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.