

Year 13 CTEC Sport Triple

The units in the Year 13 CTEC Sport Triple 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 CTEC Sport in Year 12. Unit 7 develops students' knowledge from Unit 13 and enables them to develop and apply their knowledge of fitness and training further. Units 12 and 21 develop new knowledge to help prepare students for studying a sport-related degree in higher education such as sports nutrition or business and marketing.

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				
Unit	21 The business of sport		12 Nutrition and diet for sport and exercise		
	- LO1 Types of sports businesses and their organisational structure - LO2 Management of sports businesses - LO3 How volunteers support sports businesses	- LO4 Corporate Social Responsibility - LO5 Funding for sports businesses - LO6 Impact of commercialisation	- LO1 Principles and importance of a healthy balanced diet - LO2 Energy balance, intake and expenditure	- LO3 Hydration in sport and exercise - LO4 Effects of supplements on diet and sports performance	- LO5 The psychology of healthy eating - LO1-LO4 application
Assessment	- Assessment 1 - Assessment 2	- Assessment 3 - Assessment 4 - PPE and final exam	- P1, P2 assignments - P3 assignment	- P4 assignment - M1 assignment - P5 assignment	- P6, M2 assignments - D1 assignment
Knowledge organiser (<i>hyperlinks when available</i>)	- LO1 Types of sports business - LO2 Management of sports businesses - LO3 Volunteers	- LO4 CSR - LO5 Funding - LO6 Commercialisation			
CEIAG (<i>Careers that are linked to that topic</i>)	- Sports company manager - Sports agent		- Nutritionist		
Unit	7 Improving fitness for sport and physical activity				

	- LO1 Components of fitness, methods of training and principles of training	- LO2 Planning fitness training programmes	- LO3 Delivering a fitness training programme	- LO3 Delivering a fitness training programme - LO4 Evaluating a fitness training programme	- LO4 Evaluating a fitness training programme	
Assessment	- P1, P2, M1 assignments - P3 assignment	- P4, P5 assignments - P6, M2 assignments	- P7, P8, M3 assignments	- P7, P8, M3 assignments - D1 assignment	- P9, P10 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.