

Subject: CTEC Sport and Physical Activity Extended Certificate
Year: 12

Overview:

Students complete Unit 1 (Body systems and the effects of physical activity) and Unit 2 (Sports coaching and activity leadership) in Year 12. The units 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. Both units are taught linearly across the full year. Students will begin Year 13 units in Summer 2.

Careers in the Curriculum:

The topics covered will highlight links to careers in sports leadership and coaching and sports science. Students may be required to respond to a realistic job based scenarios as part of their assignment work. There may also be input from external speakers.

Term	Topic	Assessment
Aut1	Unit 1 - L01 The Skeletal System Unit 2 - L01 Roles and responsibilities of sports coaches Unit 2 - L02 Principles underpinning coaching and leading	<ul style="list-style-type: none"> Unit 1 - Assessment 1 (past paper questions) Unit 2 - P1, P2, P3, P4, M1 assignments
Aut2	Unit 1 - L02 The Muscular System Unit 1 - L03 The Cardiovascular System Unit 2 - L03 Methods to improve skills, techniques and tactics Unit 2 - L04 Planning sports and activity sessions	<ul style="list-style-type: none"> Unit 1 - Assessment 2 (past paper questions) Unit 2 - P5, P6, P7, M2, M3, D1 assignments
Spr1	Unit 1 - L04 The Respiratory System Unit 2 - L05 Preparing sports and activity environments Unit 2 - L06 Delivering sports and activity sessions	<ul style="list-style-type: none"> Unit 1 - Assessment 3 (past paper questions) Unit 2 - P8, P9, P10, P11, M4 assignments
Spr2	Unit 1 - L05 Energy Systems Unit 2 - L06 Delivering sports and activity sessions	<ul style="list-style-type: none"> Unit 1 - Assessment 4 (past paper questions) Unit 2 - P8, P9, P10, P11, M4 assignments
Sum1	Unit 1 - Revision and exam preparation Unit 1 - Final examination Unit 2 - L07 Reviewing sports and activity sessions	<ul style="list-style-type: none"> Unit 1 - PPE and final exam Unit 2 - P12, M5, D2 assignments
Sum2	Begin units 17 Sports injuries and rehabilitation and 19 Sport and exercise psychology	

Subject: CTEC Sport and Physical Activity Extended Certificate
Year: 13

Overview:

Students complete Unit 3 (Sports organisation and development), Unit 17 (Sports injuries) and Unit 19 (Sport and exercise psychology). The units 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.

Careers in the Curriculum:

The topics covered will highlight links to careers in Sports Development, Physiotherapy (and other careers involved in sports injuries) and Sports Psychology. Students may be required to respond to a realistic job based scenarios as part of their assignment work. There may also be input from external speakers.

Term	Topic	Assessment
Aut1	Unit 3 - LO1 Organisation of sport in the UK Unit 3 - LO2 The purpose and structure of sports development Unit 19 - LO5 Psychological impact of sport and exercise on mental health and wellbeing Unit 19 - LO1 Factors affecting motivation in sport and exercise	<ul style="list-style-type: none"> Unit 3 - Assessment 1 (past paper questions) Unit 3 - Assessment 2 (past paper questions) Unit 19 - P1, P6, P7, M1, M5 assignments
Aut2	Unit 3 - LO3 The impact of sports development and how it can be measured Unit 3 - LO4 Sports development in practice Unit 19 - LO2 Attribution theory in sport and exercise	<ul style="list-style-type: none"> Unit 3 - Assessment 3 (past paper questions) Unit 3 - PPE and final exam Unit 19 - P2, M2, D1 assignments
Spr1	Unit 17 - LO1 Common sports injuries and their effects Unit 17 - LO2 Minimising the risk of sports injuries Unit 19 - LO3 Effects of stress, anxiety and arousal on sports performance	<ul style="list-style-type: none"> Unit 17 - P1, P2, P3, P4, M1, M2, D1 assignments Unit 19 - P3, P4 assignments
Spr2	Unit 17 - LO3 Responding to acute sports injuries Unit 17 - LO4 The roles of different agencies in the treatment and rehabilitation of sports injuries Unit 19 - LO3 Effects of stress, anxiety and arousal on sports performance Unit 19 - LO4 Group dynamics and how it affects team cohesion	<ul style="list-style-type: none"> Unit 17 - P5, P6, P7, M3 assignments Unit 19 - P5, M3, M4 assignment
Sum1	Unit 17 - LO5 Planning rehabilitation programmes Unit 19 - LO4 Group dynamics and how it affects team cohesion	<ul style="list-style-type: none"> Unit 17 - P8, P9, M4, D2 assignments Unit 19 - D2 assignment
Sum2		