

Overview:

Students complete Unit 1 (Body systems and the effects of physical activity), Unit 2 (Sports coaching and activity leadership), Unit 4 (Working safely in sport, exercise, health and leisure), Unit 8 (Organisation of sports events) and Unit 5 (Performance analysis in sport and exercise). 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.

Careers in the Curriculum:

The topics covered will highlight links to careers in sports leadership and coaching, sports science and a range of sports industry roles that consider health and safety planning, event organisation and performance analysis. 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 Unit 4 - L01 Emergency procedures Unit 4 - L02 Health and safety requirements Unit 4 - L03 Minimising risk Unit 5 - L01 Process and purpose of performance profiling	<ul style="list-style-type: none"> Unit 1 - Assessment 1 (past paper questions) Unit 2 - P1, P2, P3, P4, M1 assignments Unit 4 - Assessments 1 and 2 (past paper questions) Unit 5 - P1, P2, 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 Unit 4 - L04 First aid Unit 4 - L05 How to safeguard children and vulnerable adults Unit 5 - L02 Carrying out performance profiling and creating action plans to improve weaknesses	<ul style="list-style-type: none"> Unit 1 - Assessment 2 (past paper questions) Unit 2 - P5, P6, P7, M2, M3, D1 assignments Unit 4 - Assessment 3 (past paper questions) Unit 4 - PPE and Final exam Unit 5 - P3, P4, P5, M2, 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 Unit 5 - L03 Analysing individual and team performances Unit 8 - L01 Different types of sports events and their purpose Unit 8 - L02 Different roles and responsibilities in planning and delivering sports events	<ul style="list-style-type: none"> Unit 1 - Assessment 3 (past paper questions) Unit 2 - P8, P9, P10, P11, M4 assignments Unit 5 - P6, M3 assignments Unit 8 - P1, P2, M1 assignments
Spr2	Unit 1 - L05 Energy Systems Unit 2 - L06 Delivering sports and activity sessions Unit 5 - L04 Giving feedback on sports performances Unit 8 - L03 Planning and promoting sports events Unit 8 - L04 Delivering sports events	<ul style="list-style-type: none"> Unit 1 - Assessment 4 (past paper questions) Unit 2 - P8, P9, P10, P11, M4 assignments Unit 5 - P7, M4 assignments Unit 8 - P3, P4, P5, M2, M3, M4, D1 assignments
Sum1	Unit 1 - Revision and exam preparation Unit 1 - Final examination Unit 2 - L07 Reviewing sports and activity sessions Unit 5 - L04 Giving feedback on sports performances Unit 8 - L05 Reviewing the planning and delivery of sports events	<ul style="list-style-type: none"> Unit 1 - PPE and final exam Unit 2 - P12, M5, D2 assignments Unit 5 - D2 assignment Unit 8 - P6, P7, M5, D2 assignments
Sum2	Begin units 11, 13, 17, 18 and 19	

Overview:

Students complete Unit 3 (Sports organisation and development), Unit 11 (Physical activity for specific groups), Unit 13 (Health and fitness testing for sport and exercise), Unit 17 (Sports injuries), Unit 18 (Practical skills in sport and physical activities) 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. 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.

Careers in the Curriculum:

The topics covered will highlight links to careers in sports development, physiotherapy (and other careers involved in sports injuries), sports psychology and exercise physiology/personal training. 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 - L01 Organisation of sport in the UK Unit 3 - L02 The purpose and structure of sports development Unit 13 - L01 Fitness tests for different components of fitness Unit 18 - L01 Skills, techniques and tactics of an individual sport Unit 18 - L02 Skills, techniques and tactics of a team sport Unit 19 - L05 Psychological impact of sport and exercise on mental health and wellbeing Unit 19 - L01 Factors affecting motivation in sport and exercise	- Unit 3 - Assessment 1 - Unit 3 - Assessment 2 - Unit 13 - P1, M1 assignments - Unit 18 - P1-6, M1, M2, D1, D2 assignments - Unit 19 - P1, P6, P7, M1, M5 assignments
Aut2	Unit 3 - L03 The impact of sports development and how it can be measured Unit 3 - L04 Sports development in practice Unit 13 - L02 Health and fitness consultations Unit 18 - L03 Skills and knowledge of an outdoor and adventurous activity Unit 18 - L04 Officiating in a sport or physical activity Unit 19 - L02 Attribution theory in sport and exercise	- Unit 3 - Assessment 3 - Unit 3 - PPE and final exam - Unit 13 - P2, P3, M2 assignments - Unit 18 - P7, P8, M3, D3 assignments - Unit 19 - P2, M2, D1 assignments
Spr1	Unit 11 - L01 Provision of physical activity for specific groups Unit 11 - L02 Benefits and barriers to participating in physical activity for each specific group Unit 13 - L03 Planning a valid and reliable fitness testing session Unit 13 - L04 Delivering a valid and reliable fitness testing session Unit 17 - L01 Common sports injuries and their effects Unit 17 - L02 Minimising the risk of sports injuries Unit 19 - L03 Effects of stress, anxiety and arousal on sports performance	- Unit 11 - P1-3 assignment - Unit 13 - P4 assignment - Unit 17 - P1-4, M1, M2, D1 assignments - Unit 19 - P3, P4 assignments
Spr2	Unit 11 - L02 Benefits and barriers to participating in physical activity for each specific group Unit 11 - L03 The exercise referral process Unit 13 - L03 Planning a valid and reliable fitness testing session Unit 13 - L04 Delivering a valid and reliable fitness testing session Unit 17 - L03 Responding to acute sports injuries Unit 17 - L04 The roles of different agencies in the treatment and rehabilitation of sports injuries Unit 19 - L03 Effects of stress, anxiety and arousal on sports performance Unit 19 - L04 Group dynamics and how it affects team cohesion	- Unit 11 - P4, M1 assignments - Unit 13 - P5, P6, M3 assignments - Unit 17 - P5, P6, P7, M3 assignments - Unit 19 - P5, M3, M4 assignment
Sum1	Unit 11 - L04 Planning physical activity sessions for a specific group Unit 13 - L05 Interpreting fitness test results accurately and giving feedback to clients Unit 17 - L05 Planning rehabilitation programmes Unit 19 - L04 Group dynamics and how it affects team cohesion	- Unit 11 - P1, M2, D1 assignments - Unit 13 - P7, P8, M4, D1 assignments - Unit 17 - P8, P9, M4, D2 assignments - Unit 19 - D2 assignment