

# 6<sup>th</sup> Form – BTEC Sport Extended Certificate Curriculum Road Map

## ABC Links to literacy

We develop literacy through reading subject specific literature aloud, discussing key concepts with our peers and applying knowledge to extended writing questions.

### Year 1 – Spring Term

#### Topic: Anatomy and Physiology

Why study this topic? This Unit will give you an understanding of body systems, how they interrelate to allow us to take part in a huge variety of sport and exercise activities and give you the detailed core knowledge required to progress to coaching and instruction in the sports industry or further study.

#### Topic: Fitness and Programming for Health, Sport and Well-being

Why study this topic? Carrying out client screening and designing fitness training programmes is an essential skill for many people working in the sports industry, including sports coaches looking to improve an individual or team's sporting performance.

### Year 2 – Autumn Term

#### Topic: Sports Leadership

Why study this topic? to develop your confidence in a variety of different roles when leading sport. These roles range from coach, to official, to captain or personal trainer. You will be guided through the requirements of effective leadership and this will develop your knowledge and understanding of the leader's role, the key skills, qualities and characteristics. This will guide you towards gaining a good level of confidence that would assist you in pursuing a career in a leadership role or support your progression to higher education.

### Year 2 – Summer Term

#### Topic: Anatomy and Physiology

Topic: Fitness and Programming for Health, Sport and Well-being  
Topic: Sports Leadership

## Subject Intent statement

We learn and participate in Physical Education to understand the role it plays in developing and maintaining a physically, socially and mentally healthy lifestyle. PE helps us to develop life skills such as leadership, resilience, respect, confidence and empathy while providing us with the knowledge and skills to participate in recreational and competitive sport and study sport or sport science.

### Year 1 – Autumn Term

#### Topic: Anatomy and Physiology

Why study this topic? To know and understand the effects of sport and exercise on the skeletal, muscular, respiratory, cardiovascular and energy systems

#### Topic: Fitness and Programming for Health, Sport and Well-being

Why study this topic? To know and understand: the effects of lifestyle on health and wellbeing, the screening processes used to determine training programmes,

### 3

### Year 1 – Summer Term

#### Topic: Professional Development in the Sports Industry

Why study this topic? To prepare you for progression to a career in the sports industry either directly or through higher education, by developing your understanding of investigation, career planning and awareness of the skills and qualities that sports employers look for in a potential employee.

## 123 Links to Numeracy

In PE, we use mathematics to analyse data and trends in tables and graphs. We also use mathematics to calculate training thresholds and the capacities of our body systems.

### Year 2 – Spring Term

#### Topic: Anatomy and Physiology

Topic: Fitness and Programming for Health, Sport and Well-being

Topic: Sports Leadership

2

4

6

1

5

# 6<sup>th</sup> Form – BTEC Sport Diploma Curriculum Road Map

## ABC Links to literacy

We develop literacy through reading subject specific literature aloud, discussing key concepts with our peers and applying knowledge to extended writing questions.

### Year 1 – Spring Term

Topic: **Anatomy and Physiology**

Topic: **Fitness and Programming for Health, Sport and Well-being**

Topic: **Investigating Business in the sports and Active Leisure Industry**

Topic: **Work Experience in the Sports and Active Leisure Industry**

Why study this topic? To develop an understanding of how sports development influences the provision of sport, the agencies in sports development and their aims to increase participation, develop talent and promote inclusion for all.

### Year 2 – Autumn Term

Topic: **Anatomy and Physiology**

Topic: **Fitness and Programming for Health, Sport and Well-being**

Topic: **Skill Acquisition**

Why study this topic? To develop an understanding or skilled performance and how an individuals abilities contributes to the development of their skill and explore key theories of how individuals learn skills and strategies to facilitate learning.

Topic: **Research Project in Sport**

Why study this topic? To develop the skills required to successfully conduct a research a project in an area of your choice. This will support the development of time management, problem solving and creative thinking.

### Year 2 – Summer Term

Topic: **Anatomy and Physiology**

Topic: **Fitness and Programming for Health, Sport and Well-being**

Topic: **Investigating Business in the sports and Active Leisure Industry**

## Subject Intent statement

We learn and participate in Physical Education to understand the role it plays in developing and maintaining a physically, socially and mentally healthy lifestyle. PE helps us to develop life skills such as leadership, resilience, respect, confidence and empathy while providing us with the knowledge and skills to participate in recreational and competitive sport and study sport or sport science.

### Year 1 – Autumn Term

Topic: **Anatomy and Physiology**

Topic: **Fitness and Programming for Health, Sport and Well-being**

Topic: **Investigating Business in the sports and Active Leisure Industry**

Why study this topic? To understand the skills needed to work in business, how sports business are organised and what makes a successful business.

Topic: **Sports Psychology**

Why study this topic? To develop an understanding of the psychological factors that can influence sport performance.

### Year 1 – Summer Term

Topic: **Professional Development in the Sports Industry**

Topic: **Work Experience in the Sports and Active Leisure Industry**

### Year 2 – Spring Term

Topic: **Sports Leadership**

Topic: **Skill Acquisition**

Topic: **Research Project in Sport**

## 123 Links to Numeracy

In PE, we use mathematics to analyse data and trends in tables and graphs. We also use mathematics to calculate training thresholds and the capacities of our body systems.