

### KS5 examination Curriculum Implementation Plan

#### KS5 – BTEC Level 3 Extended Certificate in Sport

Four units completed over two years. Unit 1 (Anatomy for Sport and exercise) and Unit 2 (Fitness Training and Programming for Health, Sport and Wellbeing) are examination units which the students prepare for from September in the first year to the January in the second year. At this point; students sit the exams for the first time with a retake option in the summer. Units 3 (professional development in the sports industry) and Unit 6 (Sports Psychology) are internally assessed units with Unit 3 completed in year 12 and Unit 6 completed in year 13. External professionals are brought in to support in the delivery and assessment of the students to enhance the workplace elements of the programme.

Physical Education: BTEC Level 3 extended Certificate in Sport						
	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Year 12	<p><b>Unit 1: LAA:</b> Skeletal system content delivered through: Booklet format including: student led research and teacher input. Students complete presentation on functions of skeletal system and create own knowledge organiser</p> <p><b>Unit 2: A1&amp;A2:</b> Positive and Negative Lifestyle Factors content delivered through PP class input, scenario-based exam practice, exam note construction.</p>	<p><b>Unit 1: LAA:</b> Complete final aspects of Skeletal system including: <i>Knowledge test &amp; LAA Mock exam</i></p> <p><b>LAB:</b> Introduce Muscular system through: Booklet format including: Student led research and teacher input. Students create own knowledge organiser</p> <p><b>Unit 2: A3, B1, 2, 3:</b> Lifestyle Modification, Health screening content delivered through PP class input, scenario-based exam</p>	<p><b>Unit 1: LAB:</b> Complete final aspects of Muscular system including: <i>Knowledge test &amp; LAAB Mock exam</i></p> <p><b>Unit 2: C1,2,3</b> Components of a balanced diet, Nutritional Strategies, content delivered through PP class input, scenario-based exam practice, exam note construction</p> <p><b>Unit 3: Assignment 1: Submitted</b></p>	<p><b>Unit 1: LAC:</b> Introduce Respiratory system through: Booklet format including: Student led research and teacher input. Students create own knowledge organiser</p> <p><b>Unit 2: D 1,2:</b> Components of Fitness, Training Methods for Physical Fitness. Practical Experience, use of PP class input, scenario-based exam practice, exam note construction</p> <p>Unit 3: Continue Assignment 2 delivery:</p>	<p><b>Unit 1: LAC:</b> Complete final aspects of Muscular system including: <i>Complete multi-topics test and review SWANS &amp; LAABC Mock exam</i></p> <p><b>LAD:</b> Introduce Respiratory system through: Booklet format including: Student led research and teacher input. organiser</p> <p><b>Unit 2: D 3:</b> Training Methods for Skill related Fitness. Practical Experience, use of PP class input, scenario-based exam</p>	<p><b>Unit 1: LAD:</b> Complete final aspects of Cardiovascular system including: <i>Knowledge test &amp; LAABCD Mock exam</i></p> <p><b>Unit 2: E1:</b> Principles of Fitness Training Design. Practical Experience, use of PP class input, scenario-based exam practice, exam note construction</p> <p><b>Unit 3: Assignment 2 resubmission</b></p> <p>Unit 6: Preparation</p>

	<p>Unit 3: Start unit: teacher lead delivery focusing on Assignment 1: Career &amp; Job Opportunities with personal skills audit to inform a development action plan for the Sports Industry</p>	<p>practice, exam note construction</p> <p>Unit 3: Continue with Assignment 1</p>	<p>Career &amp; Job Opportunities with personal skills audit to inform a development action plan for the Sports Industry</p> <p>Begin Assignment 2 delivery:</p> <p>Undertake &amp; reflect on a Recruitment Activity in a selected career pathway.</p>	<p>Undertake &amp; reflect on a Recruitment Activity in a selected career pathway.</p>	<p>practice, exam note construction</p> <p>Unit 3: Assignment 2 Submitted at end of ½ term: Undertake &amp; reflect on a Recruitment Activity in a selected career pathway.</p>	
Year 13	<p><b>Unit 1: LAE:</b> Energy system content delivered through: Booklet format including: student led research and teacher input. Students complete presentation on 3 energy systems and create own knowledge organiser</p> <p><i>Complete Full mock exam with focus on LAE</i></p> <p><b>Unit 2: E1:</b> Principles of Fitness Training Design. Practical Experience, use of PP class input, scenario-based exam</p>	<p><b>Unit 1:</b> Final revision with a focus on exam technique and application of knowledge in relation to rubric and scenario's. Master-class on working examples of inter-relationships Q's provided.</p> <p><b>Unit 2:</b> Final revision with a focus on the construction of exam notes and exam technique. Use of past papers to aid exam technique.</p> <p>Unit 6: Submission of Assignment 1: 1: Understand how personality,</p>	<p><b>Unit 1: Examination</b></p> <p><b>Unit 2: Examination</b></p> <p>Unit 6: Submission of Assignment 2: Examine the impact of group Dynamics in Team Sports and its effect on performance</p> <p>Start delivery of Assignment 3: Explore Psychological Skills Training Programmes designed to Improve Performance</p>	<p>After <b>Unit 1 &amp; 2 exam</b> results received. Students may continue to receive revision lessons for these topics to support a resit in June</p> <p>Unit 6: Submission of Assignment 3: 3: Explore Psychological Skills Training Programmes designed to Improve Performance</p>	<p><b>Unit 1 &amp; 2: Examination – resit opportunity</b></p>	

	<p>practice, exam note construction</p> <p>Unit 6: : start delivery of Assignment 1: 1: Understand how personality, motivation and competitive pressure can effect sport performance</p>	<p>motivation and competitive pressure can effect sport performance</p> <p>Start delivery of Assignment 2: Examine the impact of group Dynamics in Team Sports and its effect on performance</p>				
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