


YEAR 12 and 13 BTEC Level 3 Sports Curriculum

 Holly Lodge High School College of Science 						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 12 Focus	Unit 1 – Principles of anatomy and physiology in sport Unit 3 – Assessing risk in sport	Unit 1 – Principles of anatomy and physiology in sport Unit 3 – Assessing risk in sport	Unit 1 – Principles of anatomy and physiology in sport Unit 3 – Assessing risk in sport	Unit 1 – Principles of anatomy and physiology in sport Unit 3 – Assessing risk in sport	Unit 1 – Principles of anatomy and physiology in sport Unit 3 – Assessing risk in sport	Unit 1 – Principles of anatomy and physiology in sport Unit 3 – Assessing risk in sport
Year 13 Focus	Unit 2 – Fitness Training and Programming for Health, Sport and well Being Unit 5 – Application of Fitness Testing	Unit 2 – Fitness Training and Programming for Health, Sport and well Being Unit 5 – Application of Fitness Testing	Unit 2 – Fitness Training and Programming for Health, Sport and well Being Unit 5 – Application of Fitness Testing	Unit 2 – Fitness Training and Programming for Health, Sport and well Being Unit 5 – Application of Fitness Testing	Unit 2 – Fitness Training and Programming for Health, Sport and well Being Unit 5 – Application of Fitness Testing	Unit 2 – Fitness Training and Programming for Health, Sport and well Being Unit 5 – Application of Fitness Testing
Key Tasks	<ul style="list-style-type: none"> Understanding of human anatomy and physiology Responses to acute and long term fitness Coaching and delivering a sports coaching session Understanding an established sport and leisure profession 	<ul style="list-style-type: none"> What risks are involved in sport and what needs to be considered How rules impact on sport and reasons why they are in place What skills make a good leader and how these skills can be improved 	<ul style="list-style-type: none"> Understanding of human anatomy and physiology Responses to acute and long term fitness Coaching and delivering a sports coaching session Understanding an established sport and leisure profession 	<ul style="list-style-type: none"> What risks are involved in sport and what needs to be considered How rules impact on sport and reasons why they are in place What skills make a good leader and how these skills can be improved 	<ul style="list-style-type: none"> Understanding of human anatomy and physiology Responses to acute and long term fitness Coaching and delivering a sports coaching session Understanding an established sport and leisure profession 	<ul style="list-style-type: none"> What risks are involved in sport and what needs to be considered How rules impact on sport and reasons why they are in place What skills make a good leader and how these skills can be improved How the mind impacts on a sports

	<ul style="list-style-type: none"> • Practical aspects of health and fitness its impact on the body • Key skills needed for a team sport and how they impact • Skills needed to work in a business and how they are organised 	<ul style="list-style-type: none"> • How the mind impacts on a sports performer and why it is important • How to organise an event and what needs to be planned for when planning a sports event • How and what needs to be considered when planning a fitness programme 	<ul style="list-style-type: none"> • Practical aspects of health and fitness its impact on the body • Key skills needed for a team sport and how they impact • Skills needed to work in a business and how they are organised 	<ul style="list-style-type: none"> • How the mind impacts on a sports performer and why it is important • How to organise an event and what needs to be planned for when planning a sports event • How and what needs to be considered when planning a fitness programme 	<ul style="list-style-type: none"> • Practical aspects of health and fitness its impact on the body • Key skills needed for a team sport and how they impact • Skills needed to work in a business and how they are organised 	<p>performer and why it is important</p> <ul style="list-style-type: none"> • How to organise an event and what needs to be planned for when planning a sports event • How and what needs to be considered when planning a fitness programme
Assessment	Pupils are required to produce a range of different assessment methods to show their knowledge and understanding through their work. These include written assessments, presentations, leaflets, posters, teaching lessons and practical performance	Pupils are required to produce a range of different assessment methods to show their knowledge and understanding through their work. These include written assessments, presentations, leaflets, posters, teaching lessons and practical performance	Pupils are required to produce a range of different assessment methods to show their knowledge and understanding through their work. These include written assessments, presentations, leaflets, posters, teaching lessons and practical performance	Pupils are required to produce a range of different assessment methods to show their knowledge and understanding through their work. These include written assessments, presentations, leaflets, posters, teaching lessons and practical performance	Pupils are required to produce a range of different assessment methods to show their knowledge and understanding through their work. These include written assessments, presentations, leaflets, posters, teaching lessons and practical performance	Pupils are required to produce a range of different assessment methods to show their knowledge and understanding through their work. These include written assessments, presentations, leaflets, posters, teaching lessons and practical performance