


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 – Anatomy and Physiology Unit 3 – Professional development in the Sports industry Unit 4 – Sports Leadership Unit 8 – Coaching for Performance Unit 23 – Skill Acquisition in Sport	Unit 1 – Anatomy and Physiology Unit 3 – Professional development in the Sports industry Unit 4 – Sports Leadership Unit 8 – Coaching for Performance Unit 23 – Skill Acquisition in Sport	Unit 1 – Anatomy and Physiology Unit 3 – Professional development in the Sports industry Unit 4 – Sports Leadership Unit 8 – Coaching for Performance Unit 23 – Skill Acquisition in Sport	Unit 1 – Anatomy and Physiology Unit 3 – Professional development in the Sports industry Unit 4 – Sports Leadership Unit 8 – Coaching for Performance Unit 23 – Skill Acquisition in Sport	Unit 1 – Anatomy and Physiology Unit 3 – Professional development in the Sports industry Unit 4 – Sports Leadership Unit 8 – Coaching for Performance Unit 23 – Skill Acquisition in Sport	Unit 1 – Anatomy and Physiology Unit 3 – Professional development in the Sports industry Unit 4 – Sports Leadership Unit 8 – Coaching for Performance Unit 23 – Skill Acquisition in Sport
Year 13 Focus	Unit 2 - Fitness Training and Programming for Health, Sport and well Being Unit 5 – Application of Fitness Testing Unit 7 – Practical Sports Performance Unit 10 – Organising a Sporting Event Unit 22 - Investigating Business in Sport and the Active Leisure Industry	Unit 2 - Fitness Training and Programming for Health, Sport and well Being Unit 5 – Application of Fitness Testing Unit 7 – Practical Sports Performance Unit 10 – Organising a Sporting Event Unit 22 - Investigating Business in Sport and the Active Leisure Industry	Unit 2 - Fitness Training and Programming for Health, Sport and well Being Unit 5 – Application of Fitness Testing Unit 7 – Practical Sports Performance Unit 10 – Organising a Sporting Event Unit 22 - Investigating Business in Sport and the Active Leisure Industry	Unit 2 - Fitness Training and Programming for Health, Sport and well Being Unit 5 – Application of Fitness Testing Unit 7 – Practical Sports Performance Unit 10 – Organising a Sporting Event Unit 22 - Investigating Business in Sport and the Active Leisure Industry	Unit 2 - Fitness Training and Programming for Health, Sport and well Being Unit 5 – Application of Fitness Testing Unit 7 – Practical Sports Performance Unit 10 – Organising a Sporting Event Unit 22 - Investigating Business in Sport and the Active Leisure Industry	Unit 2 - Fitness Training and Programming for Health, Sport and well Being Unit 5 – Application of Fitness Testing Unit 7 – Practical Sports Performance Unit 10 – Organising a Sporting Event Unit 22 - Investigating Business in Sport and the Active Leisure Industry

<p>Key Tasks</p>	<ul style="list-style-type: none"> - Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems. - Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being. - Learners explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities. - Learners study what makes a good leader, the different capacities of this role, and the leadership skills and techniques necessary when leading activities in different roles. - Learners gain an understanding of the requirements of fitness testing and learn how to safely conduct a range of fitness tests for different components of fitness. 	<ul style="list-style-type: none"> - Learners study the skills, techniques, tactics and rules of selected sports through active participation in individual/team sports. - Learners will develop the techniques, personal knowledge and ability to deliver coaching sessions. - Learners investigate how business operates in the sport and active leisure industry and how it responds to trends and other influences to meet the needs of clients and benefit the business. - Learners study the factors that contribute to a skilled performance in sport and examine how sports performers learn and develop their skills. 	<ul style="list-style-type: none"> - Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems. - Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being. - Learners explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities. - Learners study what makes a good leader, the different capacities of this role, and the leadership skills and techniques necessary when leading activities in different roles. - Learners gain an understanding of the requirements of fitness testing and learn how to safely conduct a range of fitness tests for different components of fitness. 	<ul style="list-style-type: none"> - Learners study the skills, techniques, tactics and rules of selected sports through active participation in individual/team sports. - Learners will develop the techniques, personal knowledge and ability to deliver coaching sessions. - Learners investigate how business operates in the sport and active leisure industry and how it responds to trends and other influences to meet the needs of clients and benefit the business. - Learners study the factors that contribute to a skilled performance in sport and examine how sports performers learn and develop their skills. 	<ul style="list-style-type: none"> - Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems. - Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being. - Learners explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities. - Learners study what makes a good leader, the different capacities of this role, and the leadership skills and techniques necessary when leading activities in different roles. - Learners gain an understanding of the requirements of fitness testing and learn how to safely conduct a range of fitness tests for different components of fitness. 	<ul style="list-style-type: none"> - Learners study the skills, techniques, tactics and rules of selected sports through active participation in individual/team sports. - Learners will develop the techniques, personal knowledge and ability to deliver coaching sessions. - Learners investigate how business operates in the sport and active leisure industry and how it responds to trends and other influences to meet the needs of clients and benefit the business. - Learners study the factors that contribute to a skilled performance in sport and examine how sports performers learn and develop their skills.
<p>Assessment</p>	<p>Pupils are required to produce a range of different assessment methods to show their knowledge and understanding through their work. These include</p>	<p>Pupils are required to produce a range of different assessment methods to show their knowledge and understanding through their work. These include</p>	<p>Pupils are required to produce a range of different assessment methods to show their knowledge and understanding through their work. These include</p>	<p>Pupils are required to produce a range of different assessment methods to show their knowledge and understanding through their work. These include</p>	<p>Pupils are required to produce a range of different assessment methods to show their knowledge and understanding through their work. These include</p>	<p>Pupils are required to produce a range of different assessment methods to show their knowledge and understanding through their work. These include</p>

