

**BTEC Sport at Samuel Whitbread Academy**  
**Curriculum Sequencing**

Year 12:

Course	Year	Term	Big Ideas	Subject Learning Checklist
BTEC Sport	12	Term 1	Single BTEC Sport	<p><b>Unit 1. Anatomy and Physiology - Exam</b></p> <ul style="list-style-type: none"> <li>-The effects of exercise and sports performance on the skeletal system</li> <li>- The effects of exercise and sports performance on the muscular system</li> <li>- Start The effects of sport and exercise performance on the cardiovascular system</li> <li>- Start The effects of exercise and sports performance on the respiratory system</li> </ul> <p><b>Unit 7. Practical Sports Performance - Coursework</b></p> <ul style="list-style-type: none"> <li>-Examine National Governing Body rules/laws and regulations for selected sports competitions</li> <li>-Examine the skills, techniques and tactics required to perform in selected sports</li> </ul>
			Double BTEC Sport	<p style="text-align: center;"><b>Unit 1. Anatomy and Physiology - Exam</b> <b>Unit 7. Practical Sports Performance -Coursework</b> As above</p> <p><b>Unit 22. Investigating Business – Exam</b></p> <ul style="list-style-type: none"> <li>-Event and reflect on your own performance</li> <li>-Business models in sport and active leisure</li> <li>-Human Resources</li> <li>-Marketing</li> <li>-Finance in sport and active leisure industry</li> </ul> <p><b>Unit 8. Coaching for Performance – Coursework</b></p> <ul style="list-style-type: none"> <li>-Investigate the skills, knowledge, qualities and best practice of performance coaches</li> <li>-Explore practices used to develop skills, techniques and tactics for performance</li> </ul>
			Triple BTEC Sport	<p style="text-align: center;"><b>Unit 1. Anatomy and Physiology - Exam</b></p>

			<p><b>Unit 7. Practical Sports Performance - Coursework</b>  <b>Unit 22. Investigating Business – Exam</b>  <b>Unit 8. Coaching for Performance - Coursework</b></p> <p><b>Unit. 9 Research methods – Coursework</b>          -Understand the importance of research in sporting environments</p> <p><b>Unit 10. Sports Organisation – Coursework</b>          -Investigate how different types of sport events are planned and delivered          -Develop a proposal for a sport event for implementation approval</p> <p><b>Unit. 25 Rules and Regulations - Coursework</b>          -Understand the development of the roles and responsibilities of the officials involved in sport</p>
	<b>Term 2</b>	Single BTEC Sport	<p><b>Unit 1. Anatomy and Physiology - Exam</b>          - The effects of sport and exercise performance on the cardiovascular system - cont          - The effects of exercise and sports performance on the respiratory system - cont          - The effects of exercise and sports performance on the energy systems</p> <p><b>Unit 7. Practical Sports Performance - Coursework</b>          -Develop skills, techniques and tactics for sporting activity in order to meet sport aims</p>
		Double BTEC Sport	<p><b>Unit 1. Anatomy and Physiology - Exam</b>  <b>Unit 7. Practical Sports Performance -Coursework</b>  <b>Unit 8. Coaching for Performance - Coursework</b>          -Demonstrate effective planning of coaching for performance</p>
		Triple BTEC Sport	<p><b>Unit 1. Anatomy and Physiology - Exam</b>  <b>Unit 7. Practical Sports Performance - Coursework</b>  <b>Unit 22. Investigating Business – Exam</b>  <b>Unit 8. Coaching for Performance - Coursework</b></p> <p><b>Unit. 9 Research methods – Coursework</b></p>

				<p>-Examine Key issues that impact on the effectiveness and quality of research in sport</p> <p><b>Unit 10. Sports Organisation – Coursework</b></p> <p>-Undertake the planning, promotion and delivery of a sport event</p> <p><b>Unit. 25 Rules and Regulations - Coursework</b></p> <p>-Explore the performance of officials in a selected sport</p>
		<b>Term 3</b>	Single BTEC Sport	<p><b>Unit 1. Anatomy and Physiology - Exam</b> Revision, Exam Technique and long answer combination questions</p> <p><b>Unit 7. Practical Sports Performance - Coursework</b></p> <p>-Reflect on own practical performance using selected assessment methods</p>
			Double BTEC Sport	<p><b>Unit 1. Anatomy and Physiology - Exam</b></p> <p><b>Unit 7. Practical Sports Performance -Coursework</b></p> <p><b>Unit 8. Coaching for Performance - Coursework</b></p> <p>-Explore the impact of coaching for performance</p>
			Triple BTEC Sport	<p><b>Unit 1. Anatomy and Physiology - Exam</b></p> <p><b>Unit 7. Practical Sports Performance - Coursework</b></p> <p><b>Unit 22. Investigating Business – Exam</b></p> <p><b>Unit 8. Coaching for Performance - Coursework</b></p> <p><b>Unit. 9 Research methods – Coursework</b></p> <p>-Apply appropriate research methods to a selected research problem in sport</p> <p><b>Unit 10. Sports Organisation – Coursework</b></p> <p>-Review the planning, promotion and delivery of a sports</p> <p><b>Unit. 25 Rules and Regulations - Coursework</b></p> <p>-Undertake the role of a match official in a competitive sport</p>

Year 13:

Course	Year	Term	Big Ideas	Subject Learning Checklist
<p><i>BTEC SPORT</i></p>	<p><b>13</b></p>	<p><b>Term 1</b></p>	<p>Single BTEC Sport</p>	<p><b>Unit 2 - Fitness Training and Programming for Health, Sport and Well-being</b>                      -Examine lifestyle factors and their effect on health and well-being                      -Understand the screening processes for training programming                      -Understand programme-related nutritional needs                      -Examine training methods for different components of fitness                      -Understand training programme design</p> <p><b>Unit 3 - Professional Development in the sports industry</b>                      -Understand the career and job opportunities in the sports industry                      -Explore own skills using a skills audit to inform a career development action plan</p>
			<p>Double BTEC Sport</p>	<p><b>Unit 2 - Fitness Training and Programming for Health, Sport and Well-being</b>  <b>Unit 3 - Professional Development in the sports industry</b>                      As above</p> <p><b>Unit 4 - Sports Leadership</b>                      -Understand the roles, qualities and characteristics of an effective sports leader</p> <p><b>Unit 23 - Skill Acquisition in Sport investigating the nature of skilled performance</b>                      -Examine ways that sport performers process information for skilled performance                      -Explore theories of teaching and learning sport</p> <p><b>Unit 26 - Technical and tactical demands of sport</b>                      -Examine the technical skills and tactical components of sport that contribute to effective performance                      -Investigating methods to measure technical and tactical performance in sport</p>

			Triple BTEC Sport	<p><b>Unit 2 - Fitness Training and Programming for Health, Sport and Well-being</b></p> <p><b>Unit 3 - Professional Development in the sports industry</b></p> <p><b>Unit 4 - Sports Leadership</b></p> <p><b>Unit 23 - Skill Acquisition in Sport</b> As above</p> <p><b>Unit 19 - Development and provision of sport and physical activity</b> -Principles of sport development -Wider Sport Development -Media and Commercialisation in sport -Proposal Writing</p> <p><b>Unit 18 - Work Experience in Active Leisure</b> -Undertake in-depth preparation for an active leisure work experience placement -Undertake a job application process for an active leisure work experience placement</p> <p><b>Unit 26 - Technical and tactical demands of sport</b> -Examine the technical skills and tactical components of sport that contribute to effective performance -Investigating methods to measure technical and tactical performance in sport</p>
		<b>Term 2</b>	Single BTEC Sport	<p><b>Unit 3 - Professional Development in the sports industry</b> -Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway -Reflect on the recruitment and selection process and your individual performance</p>
			Double BTEC Sport	<p><b>Unit 2 - Fitness Training and Programming for Health, Sport and Well-being</b></p> <p><b>Unit 3 - Professional Development in the sports industry</b> As above</p> <p><b>Unit 4 - Sports Leadership</b></p>

				<p>-Examine the importance of psychological factors and their link with effective leadership</p> <p>-Explore an effective leadership style when leading a team during sport and exercise activities</p> <p><b>Unit 23 - Skill Acquisition in Sport investigating the nature of skilled performance</b></p> <p>-Carry out teaching and learning strategies for sports skills</p> <p><b>Unit 26 - Technical and tactical demands of sport</b></p> <p>Explore the technical and tactical performance at different stages of the performance continuum</p>
			Triple BTEC Sport	<p><b>Unit 2 - Fitness Training and Programming for Health, Sport and Well-being</b></p> <p><b>Unit 3 - Professional Development in the sports industry</b></p> <p><b>Unit 4 - Sports Leadership</b></p> <p><b>Unit 23 - Skill Acquisition in Sport</b></p> <p>As above</p> <p><b>Unit 19 - Development and provision of sport and physical activity</b></p> <p><b>Unit 18 - Work Experience in Active Leisure</b></p> <p>-Carry out work experience tasks to meet set objectives from work experience action plan</p> <p>-Investigate the impact of an active leisure work experience placement on career development</p> <p><b>Unit 26 - Technical and tactical demands of sport</b></p> <p>-Explore the technical and tactical performance at different stages of the performance continuum</p>
		<b>Term 3</b>	Single BTEC Sport	<p><b>Unit 3 - Professional Development in the sports industry</b></p> <p>-Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway</p> <p>-Reflect on the recruitment and selection process and your individual performance</p>
			Double BTEC Sport	<p><b>Unit 2 - Fitness Training and Programming for Health, Sport and Well-being</b></p>

				<p><b>Unit 3 - Professional Development in the sports industry</b> As above</p> <p><b>Unit 4 - Sports Leadership</b> -Examine the importance of psychological factors and their link with effective leadership -Explore an effective leadership style when leading a team during sport and exercise activities</p> <p><b>Unit 23 - Skill Acquisition in Sport investigating the nature of skilled performance</b> -Carry out teaching and learning strategies for sports skills</p> <p><b>Unit 26 - Technical and tactical demands of sport</b> Explore the technical and tactical performance at different stages of the performance continuum</p>
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