

Key Stage 5 Curriculum Overview

Subject: Sport

Year 12

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Assessment
<p><u>Unit 1 Anatomy and Physiology</u></p> <p>AO1 Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting each body system.</p> <p><u>Unit 2 Fitness Training and Programming for Health, Sport and Well-being</u></p> <p>AO1 Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being</p> <p>AO2 Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals</p>	<p><u>Unit 1 Anatomy and Physiology</u></p> <p>AO2 Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system and additional factors that can affect body systems in relation to exercise and sporting performance</p> <p><u>Unit 2 Fitness Training and Programming for Health, Sport and Well-being</u></p> <p>AO3 Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests</p>	<p><u>Unit 1 Anatomy and Physiology</u></p> <p>AO3 Analyse exercise and sports movements, how the body responds to short-term and long-term exercise and other additional factors affecting each body system</p> <p><u>Unit 2 Fitness Training and Programming for Health, Sport and Well-being</u></p> <p>AO4 Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved</p>	<p><u>Unit 1 Anatomy and Physiology</u></p> <p>AO4 Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movements</p> <p><u>Unit 2 Fitness Training and Programming for Health, Sport and Well-being</u></p> <p>AO5 Be able to develop a fitness training programme with appropriate justification</p>	<p><u>Unit 1 Anatomy and Physiology</u></p> <p>AO5 Make connections between body systems in response to short-term and long-term exercise and sport participation. Make connections between muscular and all other systems, cardiovascular and respiratory systems, energy and cardiovascular systems</p> <p>Eternal Exams for Unit 1 and Unit 2.</p>	<p><u>Unit 3 Professional Development in the Sports Industry</u></p> <p>A Understand the career and job opportunities in the sports industry</p>	<p><u>Unit 1 Anatomy and Physiology</u></p> <p>Written examination set and marked by Pearson.</p> <ul style="list-style-type: none"> • 1.5 hours. • 90 marks. <p><u>Unit 2 Fitness Training and Programming for Health, Sport and Well-being</u></p> <p>A task set and marked by Pearson and completed under supervised conditions.</p> <ul style="list-style-type: none"> • In Part A, learners will be given a case study one week before a supervised assessment period in order to carry out preparation. • In Part B, the supervised assessment period is 2.5 hours as timetabled by Pearson. • Written submission. • 60 marks.

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<p><u>Unit 3 Professional Development in the Sports Industry</u></p> <p>B Explore own skills using a skills audit to inform a career development action plan</p> <p>C Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway</p>	<p><u>Unit 3 Professional Development in the Sports Industry</u></p> <p>D Reflect on the recruitment and selection process and your individual performance.</p> <p>Written assignments for Unit 3.</p>	<p><u>Unit 4 Sports Leadership</u></p> <p>A Understand the roles, qualities and characteristics of an effective sports leader</p> <p>B Examine the importance of psychological factors and their link with effective leadership</p>	<p><u>Unit 4 Sports Leadership</u></p> <p>C Explore an effective leadership style when leading a team during sport and exercise activities.</p> <p>Written assignments for Unit 4.</p>	<p>Coursework Catch up (if required)</p>		<p>All units are internally assessed.</p>