

Year 12 BTEC Extended Certificate Sport

Subject and Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Unit to be studied	Teacher 1 - Unit 1 Anatomy and Physiology (exam) Teacher 2 – Unit 7 Practical Sports Performance		Teacher 1 - Unit 1 Anatomy and Physiology (exam) Teacher 2 – Unit 7 Practical Sports Performance		Teacher 1 - Unit 1 Anatomy and Physiology (exam) Teacher 2 – Unit 7 Practical Sports Performance	
Core Knowledge and skills	A The effects of exercise and sports performance on the skeletal system A1 Structure of skeletal system A2 Function of skeletal system A3 Joints A4 Responses of the skeletal system to a single sport or exercise session A5 Adaptations of the skeletal system to exercise A6 Additional factors affecting the skeletal system B The effects of exercise and sports performance on the muscular system B1 Characteristics and functions of different types of muscles B2 Major skeletal muscles of the muscular system B3 Antagonistic muscle pairs B4 Types of skeletal muscle contraction B5 Fibre types		C The effects of exercise and sports performance on the respiratory system C1 Structure of the respiratory system C2 Function C3 Lung volumes C4 Control of breathing C5 Responses of the respiratory system to a single sport or exercise session C6 Adaptations of the respiratory system to exercise C7 Additional factors affecting the respiratory system D The effects of sport and exercise performance on the cardiovascular system D1 Structure of the cardiovascular system D2 Function of the cardiovascular system D3 Nervous control of the cardiac cycle D4 Responses of the cardiovascular system to a single sport or exercise session		E The effects of exercise and sports performance on the energy systems E1 The role of ATP in exercise E2 The ATP-PC (alactic) system in exercise and sports performance E3 The lactate system in exercise and sports performance E4 The aerobic system in exercise and sports performance E5 Adaptations of the energy system to exercise E6 Additional factors affecting the energy systems	

	<p>B6 Responses of the muscular system to a single sport or exercise session</p> <p>B7 Adaptations of the muscular system to exercise stores</p> <p>B8 Additional factors affecting the muscular system</p>	<p>D5 Adaptations of the cardiovascular system to exercise</p> <p>D6 Additional factors affecting the cardiovascular system</p>	
Assessment	Externally set exam by Pearson sat at the beginning of May.		
Assessment for Learning	<ul style="list-style-type: none"> - Low stakes testing through Quizlets/Kahoots throughout lessons - End of Unit tests at the end of each phase - 8 mark written assessment for each topic covered 		
Core Knowledge and skills	<p>Unit 7 Practical Sports Performance</p> <p>Learning aim A: Examine National Governing Body rules/laws and regulations for selected sports competitions</p> <p>A1 NGB rules/laws in selected sports</p> <p>A2 Roles and responsibilities of officials</p>	<p>Unit 7 Practical Sports Performance</p> <p>Learning aim B: Examine the skills, techniques and tactics required to perform in selected sports</p> <p>B1 Technical demands required to perform in a sport</p> <p>B2 Tactical demands applied in sports performance</p>	<p>Unit 7 Practical Sports Performance</p> <p>Learning aim C: Develop skills, techniques and tactics for sporting activity in order to meet sport aims</p> <p>C1 Safe and appropriate practical performance demonstration and participation</p> <p>Learning aim D: Reflect on own practical performance using selected assessment methods</p> <p>D1 Assessment methods to review the performance of the skills, techniques and tactics in the selected sports</p> <p>D2 Review performance in the selected sports</p> <p>D3 Developments to improve performance</p>

Assessment	Assignments completed in the last two weeks of the half term/term- marked and internally verified according to the internal Assessment Plan
Assessment for Learning	<ul style="list-style-type: none">- Regular low stakes testing through Quizlets/Kahoots throughout lessons- Routine marking and feedback of key work