

1. Curriculum map by Year: Year 12 BTEC Level 3 Sport

			Lesson Focus	Lesson FOCUS	Homework	Assessment	Enrichment
Autumn 1	05.09.22	Lesson 1	UNIT 1 A1 – Skeletal system Main bones in the body	UNIT 7 ASSIGNMENT A&B HANDOUT A1 – rules/laws by NGB	To find 15 rules and laws for 1 team sport Flipped learning task labelling the skeleton	A.P1 Summarise how participants comply with the rules/laws and regulations in individual and team sports. A.M1 Assess how participants comply with the rules/laws and regulations and the impact on individual and team sport. AB.D1 Evaluate how participants use skills, techniques and tactics required in individual and team sports and their compliance of rules/laws and regulations impacts on individual/team performance.	Enrichment Clubs are advertised around school on our social media. Trips: - Champs League Fixture Interhouse Competitions: - Basketball - Netball
		Lesson 2	B1 – The muscular system Functions and characteristics of muscles				
	12.09.22	Lesson 3	A1 – Skeletal system Main bones in the body	A1 – Competition rules/unwritten rules	To research competition rules and laws for 1 team sport		
		Lesson 4	B2 – The muscular system Major muscles in the body		Past exam questions on skeletal system		
	19.09.22	Lesson 5	A1 – Skeletal system Main bones in the body	A1 – Situations/scenarios where rules have been applied legally and illegally	How do unwritten rules apply to team sport/individual sport		
		Lesson 6	B3 – The muscular system Antagonistic muscle pairs		Looking at how situations have been applied legally and illegally		
	26.09.22	Lesson 7	A1 – Skeletal system Process of bones growth	A1 – regulation for sports	What regulations are applied to a team sport/individual sport		
		Lesson 8	B4 – The muscular system Types of muscle contraction		Research muscle fibre types Independently research the three types of muscle fibres: - Type I - Type IIa - Type IIx		

					Homework Create information sheet on muscle fibres		
	03.10.22	Lesson 9	A2 – Skeletal system Functions of the skeleton	A2 – Roles and responsibilities of officials	Homework Create a revision mind-map on structure and function of skeletal system		
		Lesson 10	B5 – The muscular system Fibre types		Complete all the responsibilities needed for both team and individual sports		
	10.10.22	Lesson 11	A2 – Skeletal system Functions of the skeleton	A2 – Application of the rules by officials	Leaflet explaining to sports science students how muscle fibre types can affect sporting performance.		
		Lesson 12	B6 – The muscular system Responses to exercise				
	17.10.22	Lesson 13	A3 – skeletal system Joints of the upper skeleton	A1/2 Section – complete assignment (A.P1, A. M1, AB D1)	Explain how the following types of synovial joint is used in sporting techniques and actions a. Shoulder b. Elbow c. Wrist d. Hip e. Knee f. Ankle Construct PEE paragraph for		
		Lesson 14	B7 – The muscular system Adaptations to exercise		Responses and adaptations mind maps/ ACRONYMS. Past exam questions.		
	31.10.22	Lesson 15	A3 - skeletal system Joints of the lower skeleton	A1/2 Section – Complete assignment (A. P1, A. M1 AB D1)	REVISION FOR END OF TOPIC TEST		
		Lesson 16	B8 – The muscular system Additional factors			END OF TOPIC TEST MUSCULAR SYSTEM	
A u t u m 2	07.11.22	Lesson 17	A3 - skeletal system Classification of joints	B1 – Technical demands	Research task into gaseous exchange	B.P2 Discuss the skills, techniques and tactics required in two different sports. B.M2 Assess the skills, techniques and tactics required in two different sports.	Enrichment Clubs are advertised around school on our social media. Trips: - International Football Fixture - Basketball Fixture Interhouse Competitions: Gymnastics
		Lesson 18	C1 – The respiratory system Structure of the respiratory system				
	14.11.22	Lesson 19	A3 - skeletal system Types of synovial joint	B1 – Technical demands			
		Lesson 20	C2 – The respiratory system Function – mechanics and gaseous exchange		RESPIRATORY SYSTEM - Past exam questions.		

S p r i n g 1	21.11.22	Lesson 21	A3 – skeletal system Bones forming joints	B2 – tactical demands				
		Lesson 22	C3 - The respiratory system Lung volumes					
	28.11.22	Lesson 23	A3 - skeletal system Structure of synovial joints	B1/2 Section – Complete assignment (B. P2, B. M2 AB D1)				
		Lesson 24	C4 - The respiratory system Control of breathing		Revision sheet on control of breathing split into AO1/AO2/AO3.			
	05.12.22	Lesson 25	A3 - skeletal system Range of movement at joints	B1/2 Section – Complete assignment (B. P2, B. M2 AB D1)				
		Lesson 26	C5 - The respiratory system Responses to exercise					
	12.12.22	Lesson 27	A4 - skeletal system Responses to skeletal system	B1/2 Section – Complete assignment (B. P2, B. M2 AB D1)	Past exam questions. Revision for end of topic test.			
		Lesson 28	C6 - The respiratory system Adaptations to exercise					
	02.01.23	Lesson 29	A5 - skeletal system Adaptations to skeletal system	DEADLINE - Assignment 1 first submission	Revision for test of skeletal system	DEADLINE - Assignment 1 first submission		
		Lesson 30	C7 - The respiratory system Additional factors			END OF TOPIC TEST SKELETAL & RESPIRATORY SYSTEM		
	09.01.23	Lesson 31	A6 - skeletal system Skeletal disease & age	ASSIGNMENT C&D Handout C1 - FILMING	Flipped learning Homework Research the composition of blood	YEAR 12 MOCKS		
		Lesson 32	E1 – Energy Systems Role of ATP			YEARS 12 MOCKS		
	16.01.23	Week 17	D1 – The CV System Structure of the heart E2 – Energy systems ATP-PC System	C1 - FILMING	Past exam questions ON ENERGY SYSTEMS	<p>C.P3 Demonstrate in a competitive situation or conditioned practice the appropriate combination of skills, techniques and tactics from isolated practices for an individual and a team sport.</p> <p>C.M3 Demonstrate in a competitive situation the effective combination of skills, techniques and tactics from isolated and conditioned practices for an individual and a team sport.</p> <p>C.D2 Demonstrate in a competitive situation the effective adaptation of the relevant skills, techniques and tactics from isolated and conditioned practices and full and accurate compliance of the rules</p>		<p>Enrichment Clubs are advertised around school on our social media.</p> <p>Trips:</p> <ul style="list-style-type: none"> - PGL Residential <p>Interhouse Competitions:</p> <ul style="list-style-type: none"> - Dodgeball - Badminton

						and regulations for an individual and a team sport.		
	23.01.23	Week 18	D1 – The CV System Structure of the blood vessels Composition of blood E3 – Energy systems Lactate system	C1 - FILMING		Revision sheet on lactate system.		
	30.01.23	Week 19	D2 – The CV System Function of the CV System E4 – Energy systems Aerobic system	C1 - FILMING		PAST EXAM QUESTIONS ON ENERGY SYSTEMS		
	06.02.23	Week 20	D3 - The CV System Nervous control of the cardiac system E5 – Energy systems Adaptations to exercise	C1 - FILMING		Homework Complete worksheet on cardiac cycle, including parasympathetic and sympathetic nervous systems.	Enrichment Clubs are advertised around school on our social media. Trips: - Netball Super League	
	13.02.23	Week 21	D4 - The CV System Responses to exercise E6 – Energy systems Additional factors	C1 – FILMING (C. P3, C. M3, C. D2 complete)		REVISION AND MINDMAP FOR ENERGY SYSTEMS	Interhouse Competitions: - Football Handball Enrichment Clubs are advertised around school on our social media.	
Spring 2	27.02.23	Week 22	D5 – The CV System Adaptations to exercise AO4 Interrelationships	D1 – Assessment methods		MINDMAP ON THE CV SYSTEM 7 REVISION	D.P4 Discuss the selected assessment methods used to review a practical sports performance. D.P5 Discuss own performance using different assessment methods and feedback from others in an individual and a team competitive sport. D.M4 Analyse own performance to reflect strengths and areas for improvement in an individual and a team competitive sport using feedback from others and different assessment	Trips: - Woman’s FA Cup Final Interhouse Competitions: - Hockey Cross Country

						methods. D.D3 Justify recommendations for personal performance improvement using wider understanding of compliance of rules and regulations and use of skills and techniques in an individual and a team competitive sport.	
	06.03.23	Week 23	D6 – The CV System Additional factors AO4 Interrelationships	D1 – Assessment methods	REVISION FOR END OF TOPIC TESTS		
	13.03.23	Week 24	AO5 Interrelationships AO4 Interrelationships	D2 – review of performance	8 Marker synoptic question	END OF TOPIC TEST CV SYSTEM & ENERGY SYSTEMS	
	20.03.23	Week 24	AO5 Interrelationships AO4 Interrelationships	D2 – review of performance	8 Marker synoptic question		
	27.03.23	Week 26	AO5 Interrelationships AO4 Interrelationships	D3 – How to improve	8 Marker synoptic question		
S u m m e r 1	17.04.23	Week 27	AO5 Interrelationships AO4 Interrelationships	D3 – How to improve		INTERRELATIONSHIP 8 MARK QUESTIONS	
	24.04.23	Week 28	REVISION	D1/2/3 Section – Complete assignment (D. P4, D. P5, D.M4, D.D3)			Enrichment Clubs are advertised around school on our social media. Trips: - Cricket T20 - Indoor Athletics Interhouse Competitions: - Cricket - Rounders Sports Day
	01.05.23	Week 29	REVISION	D1/2/3 Section – Complete assignment (D. P4, D. P5, D.M4, D.D3)			
	08.05.23	Week 30	REVISION	DEADLINE - Assignment 2 first submission		DEADLINE - Assignment 2 first submission	
	15.05.23	Week 31	REVISION				
	22.05.23	Week 32	UNIT 1 EXAM			UNIT 1 EXTERNAL EXAM	
Summer 2	05.06.23	Week 33					
	12.06.23	Week 34					
	19.06.23	Week 35					
	26.06.23	Week 36					
	03.07.23	Week 37					

	10.07.23	Week 38					
	17.07.23	Week 39					

