Level 1/2 BTEC First Award in Sport

Year Group 11

Half Term 1 – Unit 6:

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| Number of Hours | Topic |
| 1 | Introduction to unit 6 & skills of a sports leader. |
| 1 | Qualities and additional qualities of a sports leader |
| 1 | Responsibiities of a sports leader |
| 1 | Introduction to assignment 1 (Learning Aim A). Assessment criteria shared with pupils. Pupils start writing up their assignment. |
| 1 | Assigment 1, learning aim A – assignment write-up |
| 1 | Assignment 1, learning aim A – assignment write-up |
| Reasons behind order of topic in this half term | |
| * Suggested order of teaching as outlined in the BTEC First Award Specification by Pearson * A knowledge and understanding of these topics is required to aid pupils, when they eventually lead their own sports activity sessions for assignment 2. * A knowledge and understanding of the attributes needed by a sports leader, is required of pupils in order for them to produce an assignment that meets the necessary assessment criteria * There is opportunity for retrieval practice in lessons due to this order of teaching. For example, Skills and qualities used by high profile sports leaders and amateur coaches are often used interchangeably. So when discussing the qualiies of these coaches, there is scope to reflect upon the skills that they exbibit as well. | |

Half Term 1 – Unit 3:

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| Number of Hours | Topic |
| 1 | Applying the principles of personal training: Personal information to aid training programme design |
| 1 | Applying the principles of personal training: Programme Design |
| 1 | Applying the principles of personal training: Programme Design Principles of Training |
| 1 | Applying the principles of personal training: Preparation and recovery methods and barriers/adaptaions to exercise |
| 1 | Applying the principles of personal training: Assignment 1 – Programme Design |
| 1 | Applying the principles of personal training: Assignment 1 – Programme Design |
| Reasons behind order of topic in this half term | |
| * Order of teaching follows the order of suggested assignment briefs set out by Pearson. * Pupils are to complete an assignment that requires them to write about training programme design. They therefore have learn about what needs to be added into a training programme before they can design one of their own. * There is vast opportunity for retrieval practise in this unit, as some of the topics covered were learned in unit 1. Topics such as principles of training, components of fitness and training methods have all been explored before, and pupils will need to revisit this knowledge before planning their own training programme in unt 3. | |

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Year Group 10

Half Term 2 – Unit 6:

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| Number of Hours | Topic |
| 1 | Assigment 1, learning aim A – assignment write-up |
| 1 | Assigment 1, learning aim A – assignment write-up |
| 1 | Assigment 1, learning aim A – assignment write-up |
| 1 | Sports activity sessions and their components |
| 2 | Planning sports activity sessions |
| 1 | Leading a session - introduction |
| Reasons behind order of topic in this half term | |
| • Suggested order of teaching as outlined in the BTEC First Award Specification by Pearson  • A knowledge and understanding of these topics is required to aid the learning of the topics in half term 3.  • A knowledge and understanding of how to deliver a session needs to be covered before students lead their own sessions, which will commence in half-term 3.   * A knowledge and understanding of how to plan a session (lesson 4) needs to be covered before students start planning their own sessions (lesson 5) * The order of taught lessons will enable pupils to plan a high-quality session, and will also equip them with the necessary skills needed to lead their own session for assignment 2. * Again, there will be extensive opportunity for retrieval practice here as pupils will need to draw upon the planning factors learned, before they start drawing up their plans. | |

Half Term 2 – Unit 3:

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| Number of Hours | Topic |
| 1 | The musculo-skeletal system |
| 1 | Synovial joints |
| 1 | Introduction to assignment 1 – Learning Aim B: Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training |
| 2 | Assignment 1, Learning Aim B – write-up |
| 2 | Assignment 1, Learning Aim B – write-up |
| 1 | Assignment 1, Learning Aim B – write-up |
| 1 | Assignment 1, Learning Aim B – write-up |
| Reasons behind order of topic in this half term | |
| • Order of teaching follows the order of suggested assignment briefs set out by Pearson.  • Pupils are to complete an assignment that requires them to write about the musculo-skeletal system and synovial joints. They therefore need to learn about these topics before they can add the necessary detail into their assignments, in order to achieve the desired assessment criteria. They will then have approximately four lessons where they can add this to their assignment using computers. Hence the order of teaching during this half-term.   * Pupils will then have enough knowledge to complete Assignment 1: learning aim B, and will continue adding to their assignment at home. * Opportunity for retrieval practice will be sustained throughout this half-term. Topics covered in lessons 1 and 2 will be revisited during the write-up of the assignment. Pupils will have to refer back to previous PowerPoints and notes made in lessons 1 and 2, to improve the quality of this written assignment. | |

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Half Term 3 – Unit 6:

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| Number of Hours | Topic |
| 1 | Student delivery of sports session (no equipment) |
| 2 | Student delivery of sports session (no equipment) |
| 3 | Student delivery of sports session (no equipment) |
| 4 | Student delivery of sports session (no equipment) |
| 5 | Student delivery of sports session (no equipment) |
| 6 | Student delivery of sports session (no equipment) |
| Reasons behind order of topic in this half term | |
| * Suggested order of teaching as outlined in the BTEC First Award Specification by Pearson * Students have to deliver their planned physical activity sessions to the rest of their peers. This will take up to 6 weeks for all pupils to lead their sessions and for video evidence to be collated. * Extensive retrieval practice will be used in this half –term. Pupils have to put into practise the attributes needed to be a successful leader which they learned about in the first half-term. Pupils will have to draw upon knowledge learned about attributes such as: organisation of equipment and communication, when they are leading their sessions. * Pupils also need to follow the plans they made in term 2, that they have made closely, in order to deliver a successful sports session. | |

Half Term 3 – Unit 3:

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| Number of Hours | Topic |
| 1 | My training diary – training for success |
| 1 | C: Implement a self-designed personal fitness training  programme to achieve own goals and objectives - Introduction |
| 1 | Implementation of training programme |
|  | Implementation of training programme |
| 1 | Implementation of training programme |
| 1 | Implementation of training programme |
| 1 | Implementation of training programme |
| Reasons behind order of topic in this half term | |
| Order of teaching follows the order of suggested assignment briefs set out by Pearson.  • Pupils are to complete assignment 1:learning aim C that requires them to plan and then implement thir own personal fitness training programme to achieve their own goals and objectives.   * Pupils need to plan their own training programme before following it up and implementing it themselves, hence the order of teaching in this half-term. * There will be opportunity for retrieval practice here as pupils will have to revisit aspects of training programme design whilst they are following their set training programme. | |

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Year Group 10

Half Term 4 – Unit 6:

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| Number of Hours | Topic |
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| 1 | Reviewing the planning and leading of your sports activity - introduction |
| 1 | Assignment 1 Learning Aim C - Assess strengths and areas for improvement ofyour own physical activity session. |
| 1 | Assignment 1 Learning Aim C - Create a development plan to discuss how you can become a more effective leader. Look at your areas for development and set SMART targets |
| 1 | Assignment 1 Learning Aim C - Carry out research into activities that may help you become a better sports leader using textbooks, the internet. |
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| Reasons behind order of topic in this half term | |
| * Suggested order of teaching as outlined in the BTEC First Award Specification by Pearson * Pupils can draw upon knowledge learned in previous lessons in order to assess their strengths and areas for improvement. * Pupils will have to write an evaluation about the strengths and areas for improvement of their session and so will have to reflect on the delivery of their sessions taught during the last half-term. * Pupils will spend the next few lessons writing up tasks to meet assessment criteria for the learning aim C assignment. * Pupils then need to watch videos of their own performance beore they can analyse what they need to improve on, and identify the strengths of their training programme * After pupils have identified areas for improvement they then need to devise a plan of recommended activities that will help them improve. Pupils need to first of all identify which aspects of performance they need to improve before they do this, hence the order of teaching for this part of the course. * All of these lessons will be theory based, as pupils will be analysing videos of their own performance which they have accrued in the previous two half terms. * The order of teaching is influenced by the order in which they need to add to their assignment. For example, they can’t anaylse what aspects of their performance need to be improved before watching videos of themselves perform first. | |

Half Term 4 – Unit 3:

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| Number of Hours | Topic |
| 1 | My training programme review |
| 1 | Learning Aim D Video recordings – analysis/review of training programme |
| 2 | Review the six-week personal fitness training programme set for an activity/sport goal, describing results, strengths and areas for improvement. |
| 2 | Learning Aim D - Explain the results, strengths of the training programme set for an activity/sport goal and areas for improvement, providing recommendations for future training and performance. |
| 2 | Continue assignment write-up until deadline. |
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| Reasons behind order of topic in this half term | |
| * Suggested order of teaching as set out by Pearson. * Pupils then need to evaluate their own performance beore they can analyse what they need to improve on, and identify the strengths of their training programme * After pupils have identified areas for improvement they then need to devise a plan of recommended activities that will help them improve. Pupils need to first of all identify which aspects of performance they need to improve before they do this, hence the order of teaching for this part of the course. * All of these lessons will be theory based, as pupils will be analysing the effectiveness of their training programmes which they have been working on over the past term. * The order of teaching is influenced by the order in which they need to add to their assignment. For example, they can’t anaylse what aspects of their performance need to be improved before watching videos of themselves perform first. | |

Level 1/2 BTEC First Award in Sport

Year Group 10

Half Term 5 – Unit 1:

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| Number of Hours | Topic |
| 6 | Revision of unit 1 topics for pupils who need to re-sit external examination |
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| Reasons behind order of topic in this half term | |
| Pupils will revise all topics covered over the full year. These will be taught in a random order, since there is no set order to which the questions will be asked in the exam. Pupils will revise aspects of multiple topics in the same lesson to enure comprehensive revision opportunities in every lesson.  Pupils will also learn about exam technique and will revisit the importance of ‘command’ words. Again, this content will be inherent throughout each lesson so that pupils have extensive opportunity to practice this. | |

Half Term 5 – Unit 1:

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| Number of Hours | Topic |
| 6 | Revision of unit 1 topics for pupils who need to re-sit external examination |
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| Reasons behind order of topic in this half term | |
| Pupils will revise all topics covered over the full year. These will be taught in a random order, since there is no set order to which the questions will be asked in the exam. Pupils will revise aspects of multiple topics in the same lesson to enure comprehensive revision opportunities in every lesson.  Pupils will also learn about exam technique and will revisit the importance of ‘command’ words. Again, this content will be inherent throughout each lesson so that pupils have extensive opportunity to practice this. | |

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Half Term 6 – Unit 1:

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| Number of Hours | Topic |
| 6 | Revision of unit 1 topics |
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| Reasons behind order of topic in this half term | |
| Pupils will revise all topics covered over the full year. These will be taught in a random order, since there is no set order to which the questions will be asked in the exam. Pupils will revise aspects of multiple topics in the same lesson to enure comprehensive revision opportunities in every lesson.  Pupils will also learn about exam technique and will revisit the importance of ‘command’ words. Again, this content will be inherent throughout each lesson so that pupils have extensive opportunity to practice this. | |