



	Half-Term 1	Half-Term 2	Half-Term 3	Half-Term 4	Half-Term 5	Half-Term 6
Year 7	Football, Swimming, Rugby, Badminton, Health Related Fitness, Basketball, Netball. <u>Core skills and technical development</u>				Cricket, Rounders, Athletics, Outdoor Adventurous Activities. <u>Core skills and technical development</u>	
Year 8	Football, Swimming, Rugby, Badminton, Health Related Fitness, Basketball, Netball. <u>Using core skills and techniques to develop tactics and strategies.</u>				Cricket, Rounders, Athletics, Outdoor Adventurous Activities. <u>Using core skills and techniques to develop tactics and strategies.</u>	
Year 9	Football, Swimming, Rugby, Badminton, Health Related Fitness, Basketball, Netball, Outdoor Adventurous Activities. <u>Using advanced skills and techniques to embed tactics and strategies in direct competition to overcome opposition.</u>				Cricket, Rounders, Athletics, Outdoor Adventurous Activities. <u>Using advanced skills and techniques to embed tactics and strategies in direct competition to overcome opposition.</u>	
Year 10	Unit 2: Practical Performance in Sport A understand the rules, regulations and scoring systems for selected sports B practically demonstrate skills, techniques and tactics in selected sports C be able to review sports performance.			Unit 6: Leading Sports Activities A know the attributes associated with successful sports leadership B undertake the planning and leading of sports activities C review the planning and leading of sports activities.		



<p>Year 11</p> <p>Pearson BTEC Level 1/Level 2 First Award in Sport</p>	<p><u>Unit 6: Leading Sports Activities</u></p> <p>A know the attributes associated with successful sports leadership</p> <p>B undertake the planning and leading of sports activities</p> <p>C review the planning and leading of sports activities.</p>	<p><u>Unit 1: Fitness for Sport and Exercise</u></p> <p>A: know about the components of fitness and the principles of training</p> <p>B: explore different fitness training methods</p> <p>C: investigate fitness testing to determine fitness levels.</p>
<p>Year 12</p> <p>Pearson BTEC Level 3 National Extended Certificate in Sport</p>	<p><u>Unit 1: Anatomy and Physiology</u></p> <p>Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems.</p> <p><u>Unit 2: Fitness Training and Programming for Health, Sport and Well-being</u></p> <p>Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.</p> <p><u>Unit 7: Practical Sports Performance</u></p> <p>Learners study the skills, techniques, tactics and rules of selected sports through active participation in individual/team sports.</p>	
<p>Year 12</p> <p>Pearson BTEC Level 3 National Diploma in Sport</p>	<p><u>Unit 1: Anatomy and Physiology</u></p> <p>Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems.</p> <p><u>Unit 2: Fitness Training and Programming for Health, Sport and Well-being</u></p> <p>Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.</p> <p><u>Unit 7: Practical Sports Performance</u></p> <p>Learners study the skills, techniques, tactics and rules of selected sports through active participation in individual/team sports.</p> <p><u>Unit 4: Sports Leadership</u></p>	



	<p>Learners study what makes a good leader, the different capacities of this role, and the leadership skills and techniques necessary when leading activities in different roles.</p> <p style="text-align: center;"><u>Unit 22: Investigating Business in the Sport and Active Leisure Industry</u></p> <p>Learners investigate how business operates in the sport and active leisure industry and how it responds to trends and other influences to meet the needs of clients and to benefit the business.</p>
Year 13 Pearson BTEC Level 3 National Extended Certificate in Sport	<p style="text-align: center;"><u>Unit 3: Professional Development in the Sports Industry</u></p> <p>Learners explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities.</p>
Year 13 Pearson BTEC Level 3 National Diploma in Sport	<p style="text-align: center;"><u>Unit 4: Sports Leadership</u></p> <p>Learners study what makes a good leader, the different capacities of this role, and the leadership skills and techniques necessary when leading activities in different roles.</p>