

KS5 Learning Plan Y12: BTEC Sport (2022/23)

Date	Teacher 1	Independent Learning	Teacher 2	Independent Learning
12/9/22 Unit 1 – Anatomy & Physiology 31524H	1.Skeletal System - Functions of the skeleton & bone types.	Major bones identification	Major bones of the skeleton Process of bone growth	Sporting example with labelled bones and types.
19/9/22	Joint classification, use in sport and structure. Anatomical movements	Sporting example with joints and movements labelled.	Vertebral column and postural deviations.	Vertebral column and postural deviations.
26/9/22	Responses and adaptations of the skeletal system. Additional factors.	Everlearner checkpoint 1.	Topic review and PT1. STaR	Skeletal muscles of the human body
3/10/22	2.Muscular System - Types of muscles and function of the muscular system. Major muscles of the body and antagonistic muscle pairs.	Sporting example with labelled muscles.	Muscle contractions and fibre types.	Fibre types and examples.
10/10/22	Responses, adaptations and additional factors.	Everlearner checkpoint 2	Topic review and PT2. STaR	Components of the respiratory system
17/10/22	3. Respiratory System - Function of the respiratory system and components. Mechanics of breathing (inspiration and expiration)	Pathway of air from atmosphere to alveoli.	Gas exchange, lung volumes & control of breathing.	Changes in breathing rate to meet demands of exercise.

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31/10/22	Responses, adaptations and additional factors.	Everlearner checkpoint 3	Topic review and PT3. STaR	Components of the cardiovascular system
7/11/22	4.Cardiovascular System - Functions and components of the cardiovascular system. Anatomy of the heart, blood and blood vessels.	Anatomy of the Heart.	Cardiac cycle and electrical conduction of the heart.	Changes in heart rate to meet demands of exercise.
14/11/22	Responses, adaptations and additional factors.	Everlearner checkpoint 4	Topic review and PT4. STaR	Energy systems in sport
21/11/22	5.Energy Systems - Functions of the energy systems and ATP.	Splitting of ATP to release energy	Anaerobic energy systems (ATP-PC & Lactic Acid).	Anaerobic energy system
28/11/22	Aerobic energy system	Energy system additional factors.	System Interrelationships	Everlearner checkpoint 5
5/12/22	Topic review and revision.	Revision	Mock Exam	Revision
12/12/22	Mock Review STaR	Revision	Exam technique	Revision
Christmas Holiday				
3/1/23	Revision & drop-down day	Revision	Revision & drop-down day	Revision
9/1/23	Exam	Exam	Exam	Exam
16/1/23 Unit 7 – Practical Sports Performance 31530H	Practice assignment	Practice assignment	Submission of practice assignment. A&B Brief and exemplar handed out.	Team and individual sport selected. Posters completed for both.
30/1/23	Team sport rules and regs	Team sport rules and regs	Team sport unwritten rules	Team sport unwritten rules
6/2/23	Team sport NGBs & competition formats. Coaching	Team sport NGBs & competition formats. Coaching badges/awards and officiating badges/awards.	Insurance and safeguarding. Examples and analysis of good/bad officiating & good/bad sportsmanship.	Insurance and safeguarding. Examples and analysis of good/bad officiating & good/bad sportsmanship.

	badges/awards.and officiating badges/awards			
Half Term				
20/2/23	Team sport skill classification.	Team sport skill classification.	Team sport attacking & defending skills .	Team sport attacking and defending skills.
27/2/23	Mock Week	Mock Week	Mock Week	Mock Week
6/3/23	Team sport tactics and formations.	Team sport tactics and formations.	Individual sport rules and regulations.	Individual sport rules and regulations.
13/3/23	Individual sport unwritten rules.	Individual sport unwritten rules.	Individual sport NGBs & competition formats. Coaching badges/awards and officiating badges/awards.	Individual sport NGBs & competition formats. Coaching badges/awards and officiating badges/awards.
20/3/23	Insurance and safeguarding. Examples and analysis of good/bad officiating & good/bad sportsmanship.	Insurance and safeguarding. Examples and analysis of good/bad officiating & good/bad sportsmanship.	Individual sport skill classification.	Individual sport skill classification
27/3/23	Individual sport attacking & defending skills.	Individual sport attacking & defending skills.	Individual sport tactics and formations.	Individual sport tactics and formations
Easter Holiday – Coursework catch up session				
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17/4/23	C&D Brief and exemplar handed out.	Team/individual sport practical footage.	Team sport method of assessment selection and justification.	Team/individual sport practical footage.
24/4/23	Assessment method 1.	Team/individual sport practical footage.	Assessment method 2 .	Team/individual sport practical footage.
1/5/23	Assessment method 3.	Team/individual sport practical footage.	Summary of strengths and weaknesses.	Team/individual sport practical footage.
8/5/23	Development plan – aims and objectives. Short and long term goals.	Team/individual sport practical footage.	Development plan – SMART targets and opportunities for further development.	Team/individual sport practical footage.

15/5/23	Individual sport method of assessment selection and justification.	Team/individual sport practical footage.	Assessment method 1.	Team/individual sport practical footage.
22/5/23	Assessment method 2.	Team/individual sport practical footage.	Assessment method 3.	Team/individual sport practical footage.
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5/6/23	Summary of S & W.	Team/individual sport practical footage.	Development plan – aims and objectives. Short and long term goals.	Team/individual sport practical footage.
12/6/23	Development plan – SMART targets and opportunities for further development.	Team/individual sport practical footage.	Bibliographies.	Team/individual sport practical footage.
19/6/23	Practical footage support -iMovie.	Team/individual sport practical footage.	Practical footage support – iMovie.	Team/individual sport practical footage.
26/6/23	C&D Mop up week	C&D Mop up week	C&D Mop up week	C&D Mop up week
Unit 1 Resit opportunity				
Work Experience				
17/7/23	Resubmission support	Resubmission support	Resubmission support	Resubmission support