

Year 13 BTEC Sport



	Cycle 1	Cycle 2	Cycle 3
Key concepts (Head/Heart/Hands)	Unit 2: Fitness Training and Programming for Health, Sport and Well-being	Unit 2: Fitness Training and Programming for Health, Sport and Well-being Unit 4: -Sports Leadership	Unit 4: Sports Leadership
Practical (Procedural Knowledge)	Theory through practical teaching to show screening processes.	Theory through practical teaching to show how to use each training method.	Performing as a leader within a practical sports session.
Theory (Substantive/ Declarative Knowledge)	Unit 2: Examine lifestyle factors and their effect on health and well-being Understand the screening processes for training programming Understand programme-related nutritional needs	Unit 2: Examine training methods for different components of fitness Understand training programme design Unit 4: Effective Sports Leadership	Unit 4: Appropriate leadership strategies
Hinterland Knowledge (Cultural capital)	The impact this has on a variety of different sports. Giving sporting examples	The impact this has on a variety of different sports. Giving sporting examples	Ways to delivery practical sports sessions. Use of different leadership styles.
Disciplinary Knowledge (how did we get the information)	Screening and research on latest screening/fitness testing procedures	Different training methods and how technology has impacted these.	Research leadership styles and the impact of these on different scenarios.
Assessment approach	Controlled assessment on content delivered (externally marked)	Controlled assessment on content delivered (externally marked) Assignment and research on leadership skills within sport	Assignment on leadership styles within sport. Practical assessment on planning, delivery and review of a sports session.
Homework	Informed by KO's for each learning outcome.	Informed by KO's for each learning outcome.	Plan practical sports-based session

