

Year 10 cycle planning BTEC Sport

w/b	w/e	week	Cycle Week	Teaching and Assessment Cycle Details
31 Aug	4 Sept			
7 Sep	11 Sep	1	1.1	Unit 5 task 1 - Short-term response of the musculoskeletal system
14 Sep	18 Sep	2	1.2	Unit 5 task 1 - Short-term response of the cardiorespiratory system.
21 Sep	25 Sep	3	1.3	Unit 5 task 1 – start task
28 Sep	2 Oct	4	1.4	Unit 5 task 1 – task
5 Oct	9 Oct	5	1.5	Mid Cycle Assessment- Unit 5 task 1 hand in
12 Oct	16 Oct	6	1.6	IV assessment of task 1 Unit 5 task 2 - ATP-CP anaerobic system
19 Oct	23 Oct	7	1.7	Unit 5 task 2 - Glycolysis anaerobic system
26 Oct	30 Oct			
2 Nov	6 Nov	8	1.8	Unit 5 task 2 - Aerobic system
9 Nov	13 Nov	9	1.9	Unit 5 task 2 – start task
16 Nov	20 Nov	10	1.10	Unit 5 task 2 – task
23 Nov	27 Nov	11	1.11	Assessment week – Unit 5 task 2 hand in
30 Nov	4 Dec	12	2.1	Data Drop 1 – Year 7-13 Opens 9am CT Meeting + 1 hour twilight Unit 2 task 1 - the rules, regulations and scoring systems
7 Dec	11 Dec	13	2.2	Unit 2 task 1 - the roles and responsibilities of each official.
14 Dec	18 Dec	14	2.3	Unit 2 task 1 – filming for task videos – 1 sport 4 scenarios
21 Dec	25 Dec			
28 Dec	1 Jan			
4 Jan	8 Jan	15	2.4	Unit 2 task 1 – filming for task videos – 1 sport 4 scenarios
11 Jan	15 Jan	16	2.5	Unit 2 task 1 – start task
18 Jan	22 Jan	17	2.6	Unit 2 task 1 – task
25 Jan	29 Jan	18	2.7	Unit 2 task 1 – task
1 Feb	5 Feb	19	2.8	Mid Cycle Assessment- Unit 2 task 1 hand in
8 Feb	12 Feb	20	2.9	IV assessment unit 3 task 1 Unit 2 task 2 – technical and tactical demands of the sport
15 Feb	19 Feb			
22 Feb	25 Feb	21	2.10	Unit 2 task 2 – plan drills and games
1 Mar	5 Mar	22	2.11	Unit 2 task 2 – filming of drills
8 Mar	12 Mar	23	2.12	Unit 2 task 2 – filming of games
15 Mar	19 Mar	24	2.13	Unit 2 task 2 – start task Assessment Week – use predicted grade based on unit 5 and unit 3 task 1
22 Mar	26 Mar	25	2.14	Data Drop 1 – Year 7-13 Opens 9am CT Meeting + 1 hour twilight Unit 2 task 2 - task
29 Mar	2 Apr	26	2.15	Unit 2 task 2 - task
5 Apr	9 Apr			
12 Apr	16 Apr			
19 Apr	23 Apr	27	2.16	Unit 2 task 2 - task
26 Apr	30 Apr	28	2.17	Unit 2 task 2 hand in
3 May	7 May	29	2.18	Unit 2 task 3 - The observation checklist design: sport 1
10 May	14 May	30	2.19	Unit 2 task 3 - The observation checklist design: sport 2
17 May	21 May	31	2.20	Unit 2 task 3 – Completion of sport 1 checklist using video
24 May	28 May	32	2.21	Unit 2 task 3 – Completion of sport 1 checklist using video
31 May	4 June			
07 Jun	11 Jun	33	2.22	Unit 2 task 3 – start task

14 Jun	18 Jun	34	2.23	Unit 2 task 3 – task
21 Jun	25 Jun	35	2.24	Unit 2 task 3 – task
28 Jun	2 Jul	36	2.25	Unit 2 task 3 hand in Year 10/12 PPE Week Assessment Week
5 Jul	09 Jul	37		Data Drop 3 – Year 7-10,12 Opens 9am CT Meeting + 1 hour twilight Unit 2 mop up/resubmission week
12 Jul	16 Jul	38		Data Drop 3 – Year 7-10,12 Closes 5pm Unit 2 mop up/resubmission week/Subject Enrichment
19 Jul	23 Jul	39		Enrichment Week - Year 10 Work Experience

Year 11 Planning BTEC Sport

w/b	w/e	week	Cycle Week	Teaching and Assessment Cycle Details
30 Aug	4 Sept			
6 Sept	10 Sept	1	1.1	Unit 1A – components of fitness
13 Sep	17 Sept	2	1.2	Unit 1A - exercise intensity
20 Sep	24 Sep	3	1.3	Unit 1A – principles of training
27 Sep	1 Oct	4	1.4	Unit 1A – Knowledge Assessment Mid Cycle Assessment Window – Unit 1 A
4 Oct	8 Oct	5	1.5	Unit 1B – Flexibility training, Strength, ME and Power training
11 Oct	15 Oct	6	1.6	Unit 1B – Aerobic endurance training, speed training
18 Oct	22 Oct	7	1.7	Unit 1B - Knowledge Assessment Mid Cycle Assessment Window – Unit 1 B
25 Oct	29 Oct			
1 Nov	5 Nov	8	1.8	Unit 1C – Fitness testing
8 Nov	12 Nov	9	1.9	Unit 1C – Fitness testing
15 Nov	19 Nov	10	1.10	Unit 1C – Fitness testing
22 Nov	26 Nov	11	1.11	Assessment Week - Unit 1 PPE – Mock 1
29 Nov	3 Dec	12	1.12	Data Drop 1 – Year 7-13 Opens 9am CT Meeting + 1 hour twilight Super Teaching Week
6 Dec	10 Dec	13	1.11	Data Drop 1 – Year 7-13 Closes 5pm Unit 1 – revision 1A Mock 2
13 Dec	17 Dec	14	1.12	Unit 1 – revision 1B Mock 3
20 Dec	24 Dec			
27 Dec	31 Dec			
3 Jan	7 Jan	15	1.13	Unit 1 – revision 1C Mock 4
10 Jan	14 Jan	16	1.14	UNIT 1 external exam
17 Jan	21 Jan	17	2.1	Unit 3 task 1 – Personal information; questionnaires, aims and goals, motivation and attitude to training
24 Jan	28 Jan	18	2.2	Unit 3 task 1 – training methods recap from unit 1, principles of training, methods to record training intensity and designing a training diary
31 Jan	4 Feb	19	2.3	Unit 3 task 1 – start task
7 Feb	11 Feb	20	2.4	Unit 3 task 1 – task
14 Feb	18 Feb			
21 Feb	24 Feb	21	2.5	Unit 3 task 1 hand in Year 11 PPE Week 2
28 Feb	4 Mar	22	2.6	Unit 3 task 2 – exercise adherence
7 Mar	11 Mar	23	2.7	Unit 3 task 2 – strategies to overcome barriers
14 Mar	18 Mar	24	2.8	Assessment Week Unit 3 task 2 hand in
21 Mar	25 Mar	25	2.9	Data Drop 2 – Year 7-13 Opens 9am CT Meeting + 1 hour twilight Unit 3 task 3 & diary – training week 1

28 Mar	1 Apr	26	2.10	Data Drop 2 – Year 7-13 Closes 5pm Unit 3 task 3 & diary – training week 2
4 Apr	8 Apr			
11 Apr	15 Apr			
18 Apr	22 Apr	27	2.11	Unit 3 task 3 & diary – training week 3
25 Apr	29 Apr	28	2.12	Unit 3 task 3 & diary – training week 4
2 May	6 May	29	2.13	Unit 3 task 3 & diary – training week 5
9 May	13 May	30	2.14	UNIT 1 RESIT Unit 3 task 3 completion & diary – training week 6
16 May	20 May	31	2.15	Unit 3 task 4
23 May	27 May	32	2.16	Unit 3 task 4 hand in
30 May	3 June			
06 Jun	10 Jun	33		Unit 3 – extra time
13 Jun	17 Jun	34		Unit 3 – extra time
20 Jun	24 Jun	35		Unit 3 – extra time
27 Jun	1 Jul	36		Unit 3 – extra time
4 Jul	8 Jul	37		Unit 3 – extra time
11 Jul	15 Jul	38		Unit 3 – extra time
18 Jul	22 Jul	39		