

KS5 Curriculum Map

BTEC Level 3 National Diploma In Sport

Year 12

	BTEC Sport National Diploma Unit	CORE KNOWLEDGE	KEY SKILLS
Year 12 Autumn Term	Unit 1 – Anatomy and Physiology	AO1 Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting each body system AO2 Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system and additional factors that can affect body systems in relation to exercise and sporting performance	Analysing Applying Assessing Identifying Evaluating Exploring
Year 12 Autumn Term	Unit 2 – Fitness training & Programming	AO1 Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being AO2 Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals	Explaining Evaluating Analysing Discussing Justifying
Year 12 Autumn Term	Unit 4 – Sports Leadership	AO1 Understand the roles, qualities and characteristics of an effective sports leader AO2 Examine the importance of psychological factors and their link with effective leadership	Understanding Explaining Applying Analysing Discussing

			Justifying Evaluating
Year 12 Autumn Term	Unit 6 – Sports Psychology	A – Understand how personality, motivation and competitive pressure can effect a sports performance. B – Examine the impact of group dynamics in team sports and its effects on performance. C – Explore psychological skills training programmes designed to improve performance.	Understanding Explaining Applying Examining Exploring Evaluating Analysing Justifying
Year 12 Spring Term	Unit 1 – Anatomy and Physiology	AO3 Analyse exercise and sports movements, how the body responds to short-term and long-term exercise and other additional factors affecting each body system AO4 Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting	Analysing Applying Assessing Identifying Evaluating Exploring

	Unit of Work	CORE KNOWLEDGE	KEY SKILLS
Year 12 Spring Term	Unit 2 – Fitness training & Programming	AO3 Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests AO4 Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved AO5 Be able to develop a fitness training programme with appropriate justification	Explaining Analysing Evaluating Discussing Justifying
Year 12 Spring Term	Unit 4	A03 Explore an effective leadership style when leading a team during sport and exercise activities.	Understanding Explaining Applying Analysing Discussing Justifying

			Evaluating
Year 12 Spring Term	Unit 6 – Sports Psychology	C – Explore psychological skills training programmes designed to improve performance	Understanding Explaining Applying Examining Exploring Evaluating Analysing Justifying
Year 12 Summer term	Unit 1 – Anatomy and physiology	AO5 Make connections between body systems in response to short-term and long-term exercise and sport participation. Make connections between muscular and all other systems, cardiovascular and respiratory systems, energy and cardiovascular systems Exam prep for May 18 th	Analysing Applying Assessing Identifying Evaluating Exploring
Year 12 Summer term	Unit 2	Consolidation of all content taught Exam to be sat in May/June	Recall Knowledge Revision Techniques Exam Techniques
Year 12 Summer term	Unit 3 – Professional development in the sports industry.	A – Understand the career and job opportunities in the sports industry. B – Explore own skills using a skills audit to inform a career development plan. C – Undertake a recruitment activity to demonstrate the process that can lead to a successful job offer in a selected career pathway. D – Reflect on the recruitment and selection process and your individual performance.	Understanding Exploring Reflecting Explaining Evaluating
Year 12 Summer term	23	A - Investigate the nature of skilled performance	Understanding Applying

		B - Examine ways that sport performers process information for skilled performance C - Explore theories of teaching and learning in sport D - Carry out teaching and learning strategies for sports skills	Analysing Explaining Evaluating Identifying Exploring
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