



YEAR 13  
L3 BTEC

U4 Sports Leadership – Roles, qualities and characteristics, psychological factors, leadership styles

U3 – Professional Development in the Sports Industry – Career and job opportunities, audit own skills, recruitment activities, reflection

U1 - Revision and review



Seek experiences



Seek a career in sport or physical activity



U1 – Anatomy & Physiology – Skeletal system, muscular system, respiratory system, cardiovascular system, energy systems

U2 – Lifestyle factors, screening processes, nutrition, training methods, training programme

U4- Sports Leadership – Roles, qualities and characteristics, psychological factors, leadership styles

Edexcel Unit 1 Exam: Anatomy & Physiology, 1hr 30mins- Jan



Edexcel Unit 2 Exam: Fitness, training and programming, 2hrs 30mins, May

Transition task- complete the independent bridging unit



Seek experiences



Consider the scenario and structure exam notes (x 4 sides of A4)

YEAR 12  
L3 BTEC

CHOOSE NATIONAL EXTENDED CERTIFICATE IN SPORT

U3 Learning Aim A – Design a personal fitness training programme

U6 Learning Aim D – Review a personal fitness training programme

Attend KS5 Pathways evening

U6 Learning Aim C – Review the planning and leading of sports activities

U6 Learning Aim A – Know the attributes associated with successful sports leadership

U6 – Leading Sports Activities



YEAR 11  
L1/2 BTEC

U3 – Applying the Principles of Personal Training

U6 Learning Aim B – Undertake the planning and leading of sports activities

U3 Learning Aim B – Know the musculoskeletal system and cardiorespiratory system

U1 Learning Aim A – Components of fitness & principles of training

U2 – Practical Performance in Sport

U2 Learning Aim C – Review a sports performance

UNIT 1 (RESIT)



Edexcel Unit 1– Exam: Fitness for Sport & Exercise, 1 hour 15 min



U1 Learning Aim B – Explore different fitness training methods

U1 Learning Aim C – Investigate fitness testing

U2 Learning Aim A – Understand rules, regulations and scoring systems

U2 Learning Aim B – Demonstrate skills, techniques and tactics

U1 – Fitness for Sport & Exercise



YEAR 10  
L1/2 BTEC

CHOOSE BTEC FIRST AWARD IN SPORT



Attend KS4 Pathways evening

