|  |
| --- |
| **Bishopton Long Term KS4 Curriculum Overview** |
| **Subject:** | **BTEC Sports & Active Leisure - YEAR 11** | **Teacher**  | **JOSHUA SIMPSON** |
| **Year 11** | **TERM** | **Autumn 1****Week 1 – Week 8** | **Autumn 2****Week 9 – Week 15** | **Spring 1****Week 16 – Week 21** | **Spring 2****Week 22 – Week 27** | **Summer 1****Week 28 – Week 32** | **Summer 2****Week 33 – Week 39** |
| **WHAT ARE WE LEARNING ABOUT?** | Unit 11: How the Body Works * 1.1: Identify the structure and functions of the skeleton
* 1.2: Identify the structure and functions of the muscular system
* 2.1: Identify the structure and function of the heart
* 2.2: Identify the structure and function of the lungs
* 3.1: Identify the different nutrients needed for a healthy diet
* 3.2: Identify functions of each nutrient for a healthy diet.
 | Unit 17: Jobs in Sports * 1.1: Identify jobs in different sectors of sport and active leisure
* 1.2: Describe the job roles in one sport and active leisure facility
* 2.1: Describe the conditions of employment within sport and active leisure
* 3.1: Present information about the qualifications and skills required for selected jobs in sport and a
* 4.1: Produce a plan to start work within sport and active leisure active leisure
 | Unit 10: Taking Part in Exercise and Fitness * 1.1: Describe different exercise and fitness activities
* 1.2: Identify different exercise and fitness facilities
* 2.1: Describe an induction process for an exercise and fitness activity
* 2.2: Describe warm-up and cool-down activities
* 3.1: Actively participate in exercise and fitness activities, demonstrate time management skills, appropriate dressed, following instructions, following health and safety procedures.
* 4.1: Identify own strengths and areas for improvement in exercise and fitness activities
* 4.2: Suggest ways of improving own performance in one activity
 | Unit 14: Working in Sports & Active Leisure* 1.1: Describe good customer service
* 1.2: Demonstrate communication skills when dealing with customers
* 2.1: Work as a team member to set up the equipment for a sport or active leisure activity
* 2.2: Work as a team member to take down the equipment from a sport or active leisure activity
* 3.1: Identify the different shift patterns for two people working in sport and active leisure
* 3.2: Describe how to manage own time effectively when working shift patterns in sport and active leisure
 | *\*Time dedicated for coursework catch up and missed units.*  |  |
|  |
|  |
| **ASSESSMENT OBJECTIVES** | * Tasks from PowerPoints
* Independent questions
* Exam related questions
* Group activities
 | * Tasks from PowerPoints
* Independent questions
* Exam related questions
* Group activities
 | * Tasks from PowerPoints
* Independent questions
* Exam related questions
* Group activities
 | * Tasks from PowerPoints
* Independent questions
* Exam related questions
* Group activities
 | * Tasks from PowerPoints
* Independent questions
* Exam related questions
* Group activities
 |  |
| **PATHWAY/POST 16** | * Sports and Exercise Science
* A level PE
* Physiology and Anatomy
* Biology
* Sports therapy
* Physical theory
 | * Sports and Exercise Science
* A level PE

Jobs in the following:* leisure centres
* Teaching
* Sports coaching
* Therapy
* Fitness & Health.
 | * Sports and Exercise Science
* A level PE
* Fitness instructor
* Personal Training
* Gym attendant
* Sports coach
* Strength and conditioning coach
 | * Sports and Exercise Science
* A level PE
* Recruitment
* Sports retail
* Health and fitness leisure centres
* Tourism and hospitality
 |  |  |

|  |
| --- |
| **The core aims of the Key Stage 4 Core PE Curriculum are to encourage learners to:**  |
| * Develop fluent knowledge, skills and understanding of different sports and activities within sport.
* Provide curriculum links between other subjects (science, cooking) and BTEC sports course work.
* Promote livening a healthy lifestyle and engaging in regular exercise which will tackle obesity and general health related diseases in teenagers and young adults.
* Inspire pupils to seek further education or a career in the sports industry.
 |