



# PE: Curriculum model

Progression model  
[LEVEL 3 BTEC SPORT]



Retrieval inbuilt at relevant and frequent points. This will be focused around apply key knowledge learnt from previous units and applying them where necessary into current units.

Year  
13

**Module 1**  
**Unit 3: Professional Development in the Sports Industry**  
**Learning Aim A&B**  
*Students to first complete research into job roles within the sports industry that they are interested in below exploring the skills needed for those jobs*

**Module 2**  
**Unit 3: Professional Development in the Sports Industry**  
**Learning Aim C**  
*Students will then use this information in order to complete recruitment activities for a successful job offer*

**Module 3**  
**Unit 3: Professional Development in the Sports Industry**  
**Learning Aim D**  
*Students will then reflect on their success on the recruitment process to develop key areas for improvement.*

**Module 1**  
**Unit 4: Sports Leadership**  
**Learning Aim A**  
*To develop a basic idea around the key skills, qualities and characteristics of a leader so that they can build on these throughout the Unit.*

**Module 2**  
**Unit 4: Sports Leadership**  
**Learning Aim B**  
*To develop an understanding around the importance of psychological factors linked to leadership so they can then apply this to their session in LA:C*

**Module 3**  
**Unit 4: Sports Leadership**  
**Learning Aim C**  
Once they have acquired all knowledge around the theory of leadership they will then apply this their leadership session.

Progression to University / Wider life:  
Sporting and leadership degrees at university. Using key knowledge from Unit 3 to apply to their choice of pathway

Opportunities for cultural capital: Students will gain a greater understanding of the key skills needed to be an effective leader and this will be made evident through using real life examples of leaders and how they have been successful. Students will also gain an understanding of the process of working towards a chosen career pathway whilst developing the skills and qualities needed to do so.

Year  
12

**Module 1**  
**Unit 2: Fitness Training and Programming for Health, Sport and Well-being**  
**Learning Aim A & B**  
Examine lifestyle factors and their effect on health and well-being and Understand the screening processes for training programming  
*To allow students to gain an understanding of varying lifestyle factors and how to screen these lifestyle factors before learning knowledge on how to develop training programmes for this.*

**Module 2**  
**Unit 2: Fitness Training and Programming for Health, Sport and Well-being**  
**Learning Aim C & D**  
Understand programme-related nutritional needs  
Examine training methods for different components of fitness  
*To allow students to then apply knowledge of lifestyle factors to help improve health and fitness through nutritional needs and training methods.*

**Module 3**  
**Unit 2: Fitness Training and Programming for Health, Sport and Well-being**  
**Learning Aim E**  
Understand training programme design  
*Students can then use all information learnt through the Unit to create a training programme to improve health and fitness.*

**Module 1**  
**Unit 1: Anatomy and Physiology**  
**Learning Aim A & B**  
The effects of exercise and sports performance on the Skeletal and Muscular systems.  
*To allow students to gain a more detailed grasp of the key systems within the body and be able to build on this knowledge that was previously shown at Level 2*

**Module 2**  
**Unit 1: Anatomy and Physiology**  
**Learning Aim C & D**  
The effects of exercise and sports performance on the respiratory and circulatory systems.  
*To allow students to gain a more detailed grasp of the key systems within the body and be able to build on this knowledge that was previously shown at Level 2*

**Module 3**  
**Unit 1 Anatomy and Physiology**  
**Learning Aim E**  
The effects of exercise and sports performance on the energy systems and examination preparation.  
*Not much work on energy systems at Level 2, by leaving it until the end of Y12 students will be more comfortable with the expectations of depth of knowledge before undertaking a brand new topic.*

Opportunities for cultural capital: Students will gain greater understanding of how the different body systems work and how regular exercise can benefit them. They will be encouraged to further their understanding by combining their knowledge with practical application to a client in unit 2. They will be able to learn about a variety of different methods of keeping fit and staying physically active and be able to apply it to a variety of different people from different situations.

What came before?  
Level 2 BTEC Sport  
Students who did not take Level 2 BTEC Sport but show an enthusiasm for sport and exercise can also take this course.