



END OF YEAR

Yr13
Yr12

University (UK/USA scholarships)
Apprenticeships (Level 3 or above)
Full-time Employment and Training

Start application for chosen pathways:
University/ Apprenticeship/ Employment and Training



BTEC Sport L3 Year A Learning Journey

End of Term Fitness Testing. Analyse Performance Data



U1/U2 Exam resits – if required



Yr 12 Work Experience: 2 week placement (Sports Industry related or dual career training camps)



'Next Steps' Information evening – University/Apprenticeships / Scholarships / Employment & Training



Learning Journey Key

- = Coursework Content
- = Exam Content
- = Dual Careers Content

U23: Learning Aim A&B
- Investigate the nature of skilled performance
- Examine ways that sport performers process information for skilled performance



U3: Learning Aim C&D
- Undertake a recruitment activity and Demonstrate the processes that can lead to a successful job offer in a selected career pathway
- Reflect on the recruitment and selection process and your individual performance suggesting improvements.



U23: Learning Aim D
- Deliver and Demonstrate teaching and learning strategies for sports skills



Update CV and Professional Social Media Channels



SUMMER TERM

U3: Learning Aim A&B
- Understand the career and job opportunities in the sports industry
- Explore own skills using a skills audit and Create a career development action plan



U23: Learning Aim C
- Explore theories of teaching and learning in sport



Shadow Coach
Organise a day to shadow a professional coach in a sport of your own choice.



U4: Learning Aim C
- Explore an effective leadership style when leading a team during sport and exercise activities



End of Term Fitness Testing – Analyse Performance Data

U4: Learning Aim A
- Understand the roles, qualities and characteristics of an effective sports leader



Mock Interviews partake in a series of mock interview days with professionals within industry



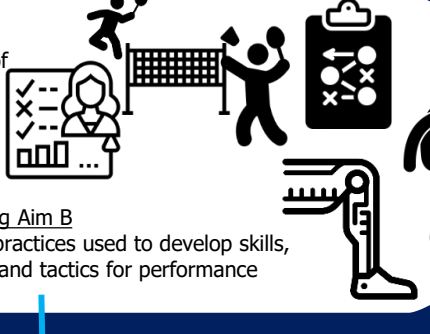
U8: Learning Aim A
- Investigate the skills, knowledge, qualities and best practice of performance coaches



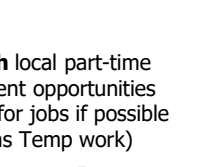
U8: Learning Aim C&D
- Demonstrate effective planning of coaching for performance
- Explore the impact of coaching for performance



U8: Learning Aim B
- Explore practices used to develop skills, techniques and tactics for performance



Networking Opportunities – Make contact with local companies/businesses to gain a day's work experience

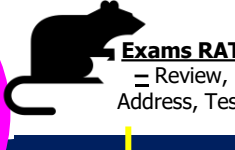


Sit U1 & U2 Exams



SPRING TERM

Research extra qualifications or awards to gain for CV (E.g. Duke of Edinburgh Award, Prince's Trust, CYP, Youthtrain)



U4: Learning Aim B
- Examine the importance of psychological factors and their link with effective leadership



U1: (Exam) Learning Aims
D- Know the effects of exercise and sports performance on the Cardiovascular system
E- Know the effects of exercise and sports performance on the energy systems

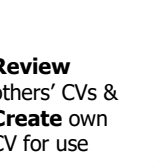


Research local part-time employment opportunities & Apply for jobs if possible (E.g. Xmas Temp work)



End of Term Fitness Testing – Calculate and Interpret Data

U2: (Exam) Learning Aims
A- Examine lifestyle factors and their effect on health and well-being
B- Understand the screening processes for training programming
C- Understand programme-related nutritional needs.



U2: (Exam) Learning Aims
D- Examine training methods for different components of fitness
E- Understand training programme design



U7: Learning Aim C&D
- Develop skills, techniques and tactics for sporting activity in order to meet sport aims
- Reflect on own practical performance using selected assessment methods



U8: Learning Aim C&D
- Demonstrate effective planning of coaching for performance
- Explore the impact of coaching for performance



Review others' CVs & Create own CV for use



U1: (Exam) Learning Aims
A- Know the effects of exercise and sports performance on skeletal system
B- Know the effects of exercise and sports performance on the muscular system
C- Know the effects of exercise/ sports performance on the respiratory system



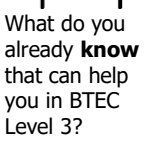
AECC Trip – Chiropractic college (U1/U2/U3) – Physiology/chiropractics



U7: Learning Aim A&B
- Examine National Governing Body rules/laws and regulations for selected sports competitions
- Examine the skills, techniques and tactics required to perform in selected sports



Gym Induction
To aid understanding of how to be safe in the gym and to support your work



U1 & U2 Exam Techniques
- Know command words used in exams
- Understand how to construct an effective exam answer



AUTUMN TERM

Baseline Test



Yr 12 - Before LeAF? Physical Performance Assessment Know areas to develop Courses – subject support Club / Sport competition

Units covered this year:
 U1: Anatomy and Physiology (external exam)
 U2: Fitness Training and Programming for Health, Sport and Wellbeing
 U3: Professional Development in the Sports Industry
 U4: Sports Leadership
 U7: Practical Sports Performance
 U8: Coaching for Performance
 U23: Skill acquisition in Sport

