



# THOMAS ALLEYNE'S HIGH SCHOOL

## BTEC SPORT: LEARNING JOURNEY

Career Path

POST 18 PATHWAY



**Anatomy & Physiology**  
Skeletal, Muscular, CV, Respiratory, Energy

**Year 12**

6th form induction. Students will learn the effects of sport and exercise on the body systems

**Unit 1**

Exam Jan of Year 12

Exam May

Mock exam

**Developing Fitness to Improve Other Participants Performance in Sport**

**Year 11**

Students will have a choice of activities to perform, coach and evaluate.

PSA 2

**Warm Ups**

PSA 1

**Taking Part and Improving Other Participants Sporting Performance**

Different types of technology and their benefits to improve sport and physical activity participation and performance

Students will receive a scenario they have to complete tasks on including-

- Selection of suitable activities and provision.
- Presentation of clothing, equipment and tech
- Plan & lead warm up.



**Technology In Sport Sports Clothing & Equipment**

Different types of sports clothing and equipment required for participation in sport and physical activity



**WELCOME**

Introduction to the course and how it is assessed. Students will learn about types of sport provision, reasons and benefits of taking part.

**Year 10**

Y9 Core PE / Extra Curricular / Options Process

**External Moderation**

Professional development in the sports industry.  
Sectors of the industry  
Employability opportunities and skills.  
Knowledge of recruitment process



**Unit 3**

2 coursework assignments completed Jan-June

**Unit 5**

**Fitness Testing**

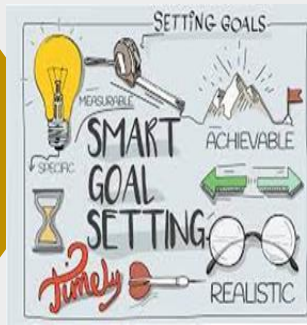
Students will learn about the Validity, reliability, practicality and ethics of fitness testing. Students will then undertake a practical project of administering 6 fitness tests to a sports performer and then present feedback to explain the performers strengths and areas for development. They will then look at the impact on sporting performance.



2 coursework assignments completed Jan-June

Exam Resit

Opportunity to improve on Unit 1 result following individualised feedback.



Exam Jan of Year 13

**Unit 2**

**Fitness Training & Programming for Health, Sport & Wellbeing**

Lifestyle  
Nutrition  
Methods of training  
Goal setting  
Principles of training

**Year 13**

Application to specific individualised case studies looking at real world scenarios that students can develop in future careers

Students will receive PSA results and will have the opportunity to retake them in the Year 11 windows.

Year 11 focus is on exam preparation