

KS5 Curriculum Overview 2023/24

Department: BTEC Physical Education

Description of KS5 Curriculum:

This is a course offering students with a natural interest in sport the chance to gain qualifications which will provide a broad and balanced Physical Education background for entry into higher education and / or employment. All theory work is supported with practical examples from a wide range of sports and activities. Students will combine their theoretical knowledge with practical performance. Students must have a genuine interest in sport and must be committed to extra-curricular sporting activities.

Unit 1 – Anatomy and Physiology (Examination)

- Students will acquire knowledge of how the body systems interrelate to allow us to perform a wide variety of sporting activities.
- This unit is assessed via an examination.

Unit 2 – Fitness Training and Programming for Health, Sport and Well-Being (Examination)

- Students will acquire interpret lifestyle factors and health screening data to develop and justify a fitness training programme and nutritional advice for clients.
- This unit is externally assessed.

Unit 3 – Professional Development in the Sports Industry (Mandatory coursework Unit)

- Students will explore the knowledge and skills required for different career pathways in the sports industry. They will take part in and reflect on personal skills audit, career action plan and practical interview assessment activities.
- This unit is assessed internally and undergoes externally moderation/verification.

Unit 7 Practical Sport Performance – (Option coursework unit)

- Students will gain an understanding of the rules and regulations within a team and an individual sport
- *Students will compete in a controlled setting and a more competitive setting to demonstrate strategies and tactics
- This unit is internally assessed and undergoes externally moderation/verification.
- *By completing Unit 7 and Unit 1 the students will come out with a Certificate in Sport at level 3.

Sequence of Learning:

KS5	Term 1 Content	Term 2 Content	Term 3 Content
Year 12	Unit 1: Anatomy and Physiology Unit 7: Practical Sport Performance	Unit 1: Anatomy and Physiology Unit 7: Practical Sport Performance	Unit 2: Fitness Training and Programming for Health, Sport and Well-Being Unit 7: Practical Sport Performance
Year 13	Unit 2: Fitness Training and Programming for Health, Sport and Well-Being	Unit 5: Application of Fitness Testing	Unit 5: Application of Fitness Testing