

Level 3 BTEC Sport Subject Overview

(Extended Diploma and Extended Certificate courses)

The Appleton School

November 2023



Subject: BTEC Sport

Curriculum Intent

Department Vision:

The Physical education department at The Appleton School embraces a holistic approach to developing our young people. The aim is to develop the physical social and mental well-being of students in conjunction with the delivery and implementation of a comprehensive curriculum, embedded in core values such as respect cooperation and hard work. Students are encouraged to value their own health and fitness and to experience a range of outcomes that include an increase in confidence, a sense of community and relatedness and to take pride in achievements in the classroom and on the playing fields, whether that is in competition or making improvement gains in a skill. The vision is for the students to inherit a passion for exercise and sport and to acquire the knowledge, skills and self- motivation that enables them to lead active and healthy lives in the future.

The Pearson BTEC Level 3 courses in Sports are intended to be an Applied General qualification for post-16 learners wanting to continue their education through applied learning, and who aim to progress to higher education and ultimately to employment, possibly in the sports sector.

Student Vision:

In the BTEC National units there are opportunities during the teaching and learning phase to give learners practice in developing employability skills. Where employability skills are referred to in this specification, we are generally referring to skills in the following three main categories

- Cognitive and problem-solving skills: use critical thinking, approach non-routine problems applying expert and creative solutions, use systems and technology
- Intrapersonal skills: communicating, working collaboratively, negotiating and influencing, self-presentation
- Interpersonal skills: self-management, adaptability and resilience, self-monitoring and development.

There are also specific requirements in some units for assessment of these skills where relevant, for example, where learners are required to undertake real or simulated activities.

All BTEC Nationals provide transferable knowledge and skills that prepare learners for progression to university. The transferable skills that universities value include:

- The ability to learn independently
- The ability to research actively and methodically
- Being able to give presentations and being active group members.

BTEC learners can also benefit from opportunities for deep learning where they are able to make connections among units and select areas of interest for detailed study. BTEC Nationals provide a vocational context in which learners can develop the knowledge and skills required for particular degree courses, including:

- Reading technical texts
- Effective writing
- Analytical skills
- Creative development
- Preparation for assessment methods used in degrees.

What are your aims linked to the curriculum (National Curriculum and Specification criteria)?

The vision and aims of the Physical Education Department at The Appleton School has been influenced by the purpose and aims of the National Curriculum (DFE, 2013) and the Edexcel specification we follow at GCSE and the Pearson's specification we follow for the Level 3 BTEC Sport courses.

How is the curriculum being delivered?

The BTEC Sport Level 3 Extended Diploma curriculum is divided into 14 units which consist of 58% of the course being internally assessed over 10 coursework units and 42% of the course being externally assessed over 4 units. Each unit is different and covers a different aspect of the sports industry from Sports Business to Skill Acquisition and Sports Coaching. Within our curriculum you will study 2 externally assessed units in year 1 and a further 6 internally assessed units. In year 2 students will sit a further 2 externally assessed units in January and then a further 4 coursework units.

Level 3 Extended Diploma in Sport

<u>Year 1</u>	<u>Year 2</u>
Unit 1 Anatomy and Physiology (Externally Assessed)	Unit 7 Practical Sports Performance
Unit 2 Fitness Training and programming for Health, Sport and Well-being (Externally Assessed)	Unit 9 Research Methods
Unit 3 Professional Development in the Sports Industry	Unit 19 Development and Provision of Sport and Physical Activity (Externally Assessed)
Unit 4 Sports Leadership	Unit 22 Investigating Business in Sport and the Active Leisure Industry (Externally Assessed)
Unit 5 Application of Fitness Testing	Unit 23 Skill Acquisition in Sport
Unit 8 Coaching for Performance	Unit 26 Technical and Tactical Demands of Sport
Unit 10 Sports Organisation	
Unit 25 Rules and Regulations and Officiating Sport	

Level 3 Extended Certificate in Sport

The BTEC Sport Level 3 Extended Certificate curriculum is 4 units which consists of 83% of the course being externally assessed and 2 internally assessed coursework units making up the other 17%. The externally assessed units are delivered in the first year of the course because this allows students to have a resit option during the 2nd year of the course. Also, there are heavy links within the subject content to that which is

covered in GCSE PE and Level 2 BTEC Sport which is studied in year 10 and 11 so students can still draw on this knowledge to help them learn the year 12 content.

<u>Year 1</u>	<u>Year 2</u>
Unit 1 Anatomy and Physiology (Externally Assessed)	Unit 3 Professional Development in the Sports Industry
Unit 2 Fitness Training and programming for Health, Sport and Well-being (Externally Assessed)	Unit 4 Sports Leadership

How is the curriculum assessed?

Assessments are completed at the end of Learning Aims within the coursework units where the students have developed their understanding of a topic and then are asked to complete assessments based around scenarios specific to the topic that has been covered. The coursework is then assessed against the mark schemes where students will receive a grade. These grades are then tracked on the BTEC Sport tracker which all teachers have access to. Within the externally assessed units these are delivered in the same way to normal examination units where there will be end of learning aim topic tests. As well as end of learning aim tests we use mini assessments where students are given specific feedback on how to improve either their subject knowledge or skills on how to improve answering the questions. At key points within the externally assessed units we use Mock examinations. These examinations are used to assess and identify any particular areas we need to develop in the build up to the full exam.

How is the curriculum enriched to generate a love of learning?

The curriculum is enriched predominately through the use of practical teaching contexts when possible. For example, within units 4 and 8 students are physically taking coaching sessions to develop their knowledge and understanding as well as being asked to deliver coaching sessions for their assessments. Unit 7 Practical Sports performance requires students to be out of the classroom developing their sports skills, Unit 22 involves students officiating sports and are often helping out the PE Department officiating fixtures which then can be used within their assessed pieces of work. Annually we have a guest visitor from the University of Brighton come in and do a talk with students regarding higher education courses. We use guest speakers to come in and discuss health and well-being issues that they have overcome and live with. We have previously taken students to the University of Kent to use their Sports Science equipment we do not have access to.

What skills and knowledge do students bring with them from Key Stage 4 to Key Stage 5?

Students can progress onto the Level 3 BTEC Sport course via two routes: the first route is through the GCSE PE subject and the second route is through completing a Level 2 BTEC Sport qualification. Students who progress onto this course will normally arrive with a sound knowledge of Anatomy and Physiology, an understanding of the Components of Fitness and an understanding of Methods of Fitness Testing.

What will students study?

The Level 3 BTEC Extended Diploma is a 2 year course with external examinations/assessments taking place in May of year 1 and January of year 2 with resit opportunities available in January of year 2 and May of year 2. Alongside this the students will study 10 coursework units. The Level 3 Extended Certificate course is also a 2 year course with the externally assessed units being sat in the May/June of the first year. Then in the second year of the course students will sit the final 2 internally assessed coursework units.

Level 3 BTEC Sport Extended Diploma

Year 1

Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Unit 1 Anatomy and Physiology	Unit 1 Anatomy and Physiology	Unit 2 - Fitness Training and Programming for Health, Sport and Well-being	Unit 2 - Fitness Training and Programming for Health, Sport and Well-being		
Unit 5 - Application of Fitness Testing	Unit 5 - Application of Fitness Testing	Unit 3 - Professional Sports Development	Unit 3 - Professional Sports Development	Unit 10 - Sports Event Organisation	Unit 25 - Rules, Regulations and Officiating in Sport

Unit 8 - Sports Coaching	Unit 8 - Sports Coaching	Unit 4 Sports Leadership	Unit 4 Sports Leadership		
		Unit 8 - Sports Coaching			

Year 2

<u>Term 1a</u>	<u>Term 1b</u>	<u>Term 2a</u>	<u>Term 2b</u>	<u>Term 3a</u>	<u>Term 3b</u>
Unit 19 - Development and Provision of Sport and Physical Activity	Unit 19 - Development and Provision of Sport and Physical Activity	Unit 7 - Practical sports performance	Unit 7 - Practical sports performance	Unit 7 - Practical sports performance	N/A
Unit 22 Investigating Business in Sport and the Active Leisure Industry	Unit 22 Investigating Business in Sport and the Active Leisure Industry	Unit 9 - Research Methods in Sport	Unit 9 - Research Methods in Sport	Unit 9 - Research Methods in Sport	N/A
Unit 25 - Rules, Regulations and Officiating in Sport	Unit 25 - Rules, Regulations and Officiating in Sport	Unit 26 - Technical and Tactical demands	Unit 26 - Technical and Tactical demands	Unit 26 - Technical and Tactical demands	N/A
		23 - Skill Acquisition in Sport	23 - Skill Acquisition in Sport		

Level 3 Extended Certificate

Year 1

<u>Term 1</u>	<u>Term 2</u>	<u>Term 3</u>
Unit 1 Anatomy and Physiology	Unit 1 Anatomy and Physiology	Unit 1 Anatomy and Physiology – Exam May/June
Unit 2 Fitness Training and programming for Health, Sport and Well-being	Unit 2 Fitness Training and programming for Health, Sport and Well-being	Unit 2 Fitness Training and programming for Health, Sport and Well-being – Exam May/June

Year 2

<u>Term 1</u>	<u>Term 2</u>	<u>Term 3</u>
Unit 3 Professional Development in the Sports Industry	Unit 3 Professional Development in the Sports Industry	Unit 3 Professional Development in the Sports Industry
Unit 4 Sports Leadership	Unit 4 Sports Leadership	Unit 4 Sports Leadership

Why has learning been sequenced in this way?

Level 3 Extended Diploma in Sport

<u>Year 1</u>			<u>Year 2</u>		
Term 1	Term 2	Term 3	Term 1	Term 2	Term 3
Learning aim A and B of Unit 5 Fitness testing. Assignment 1 to be completed by the end of	Begin to deliver Unit 2 in preparation for External Assessment in June. End of topic	Unit 1 - Externally assessed unit to be continued to be delivered in	Unit 19 - Development and Provision of Sport and Physical Activity delivered	Unit 25 Rules, Regulations and Officiating in Sport Learning Aims A and B delivered in	Unit 25 Rules, Regulations and Officiating in Sport

October half term and Assignment 2 to be completed at the end of the Christmas term.	tests to be sat at the end of each learning aim.	preparation for the exam in May	in preparation for January exam.	assessed. To be completed by the end of this academic term.	
To deliver Learning Aim A and B of Sports Leadership. Assignment 1 to be completed by October half term and Assignment 2 to be completed at the end of the Christmas term.	Unit 1- To begin to deliver Anatomy and Physiology in preparation for June exam. End of Topic Tests to be set at the end of each learning aim.	Unit 2 - Externally assessed unit to be continued to be delivered in preparation for the exam in May.	Unit 22 Investigating Business in Sport and the Active Leisure Industry delivered in preparation for January exam.	Unit 26 Technical and Tactical demands. Learning Aims A,B and C to be completed by the end of this academic term, Assignment 1 and 2.	
To deliver Learning Aims A and B of Sports Coaching. Assignment 1 to be completed by October half term and Assignment 2 to be completed	To deliver Learning Aim C of Sports Coaching. Assignment 3 to be completed for February half term.	After the externally assessed units are sat in May. Deliver and assess Unit 10 Sports Event organisation. Learning Aims A		Unit 9: Research Methods in Sport. Learning Aims A, B and C to be completed by the end of this academic term assignments 1 and 2.	

at the end of the Christmas term.		and B (Assignment 1) Learning Aim C (2 Assignment)			
Learning Aim A and B of Unit 3 Professional Development in Sport. Assignment 1 to be completed by October half term and Assignment 2 to be completed at the end of the Christmas term.	To deliver Learning Aim C Unit 3 Professional Development in Sport. Assignment 2 to be completed for February half term.	After the externally assessed units are in May. Deliver Unit 7 Practical Sports Performance Learning Aims A and B (Assignment 1) Learning Aim C (Assignment 2)		23 Skill Acquisition in Sport. Learning Aims A, B and to be completed by the end of this academic term assignments 1 and 2.	Unit 23: Skill Acquisition in Sport. Assignment 3 Learning Aim D to be completed by the end of this academic term.

<p>We have chosen to deliver these units at the beginning of the course because there is a clear link and overlap between Unit 4 and Unit 8 so they work well alongside each other. Also, Unit 5 has links to GCSE and Level 2 BTEC Sport which they would have studied in year 10 and 11 so this would make sense to deliver this whilst they still can recall this knowledge and this unit links nicely into Unit 2 which will be</p>	<p>Unit 3 and 8 are completed by the February half term and then the teachers teaching those units collaborate with the Unit 1 and Unit 2 teachers to deliver the externally assessed units as these units require more guided learning hours and these units have a higher weighting and have to be passed to complete the course.</p>	<p>During the 3rd term students will be preparing for the externally assessed exams in early May during this time there will be exam preparation lessons and Mock exams. Once these exams have been completed we move onto Unit 10 Sports Event Organisation. This is a good time to deliver this unit as it involves running sports events and the Summer term is excellent for this as they can help organise and run local schools</p>	<p>The second academic year starts with Unit 19 and Unit 22 which are the 2 externally assessed units. By sitting these in January it allows for a resit option in May if there is any need.</p>	<p>In the 2nd term of year 2 we begin the final 4 internally assessed units with a teacher taking each individual unit.</p>	<p>The final term involves completing Unit 25 and Unit 23. This also allows for any resubmissions for the final internally assessed units and for the resit option from the Unit 19 and 22.</p>
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<p>delivered in Term 2. Unit 3 is taught at the beginning of the course as this is a mandatory unit and if students were to leave at the end of year 1 they would have had to have completed this you to be certificated with any qualification.</p>		<p>'Sports Days' and run summer Rounder's or Football tournaments at the end of term. We also deliver Unit 7 during this point to ensure we have completed 8 units in the first academic year. This allows for students if they chose not to continues the course to achieve the Extended Certificate and for the other students means they have 6 units to complete in the next academic year.</p>			
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Level 3 Extended Certificate

<u>Year 1</u>			<u>Year 2</u>		
<u>Term 1</u>	<u>Term 2</u>	<u>Term 3</u>	<u>Term1</u>	<u>Term 2</u>	<u>Term 3</u>
Unit 1 Anatomy and Physiology	Unit 1 Anatomy and Physiology	Unit 1 Anatomy and Physiology (Sit exam during the final half term)	Unit 4 Sports Leadership	Unit 4 Sports Leadership	Unit 4 Sports Leadership
Unit 2 Fitness Training and programming for Health, Sport and Well-being	Unit 2 Fitness Training and programming for Health, Sport and Well-being	Unit 2 Fitness Training and programming for Health, Sport and Well-being (Sit Exam during the final half term)	Unit 3 Professional Development in Sport	Unit 3 Professional Development in Sport	Unit 3 Professional Development in Sport

Due to the number of hours and the units that need to be completed with the National Extended Certificate the students will be completing the 2 externally assessed units throughout the first year of the course. These units have heavy links to the GCSE to Level 2 content that students would have studied prior to starting this Level 3 course so students can still access their prior knowledge to help with these units. By sitting these exams at the end of the first-year students have the opportunity to resit these exams if required in January or May of the 2nd year. Also, from sitting these exams in the first year the aim is to only have coursework-based units to completed in the second year. This is to help relieve students' stresses and workloads in the later stages of the second year where they will be sitting other A Level option exams.

What cross-curricular themes have been identified?

The main cross curricular links that are present through are English, Maths, Science, ICT and Food and Nutrition. Writing skills are essential throughout the course to answer exam questions and to produce written pieces of coursework. Maths skills are to complete calculations and collecting and interpreting data. Science is evident throughout the course during the Anatomy and Physiology units. Food and nutrition is required during the examination units. Also, ICT skills are required to produce a number of different pieces of coursework.

How will this be assessed to show students have learnt and remembered what they have been taught?

Students are assessed daily during lessons by teachers e.g. Classwork, Targeted Questioning, 5 Question Quizzes and Exit Questions, submitted coursework, end of topic tests and Mock exams. Please see below the assessment plan for all units on the Level 3 BTEC Extended Diploma in Sport course.

Year 1

Programme Title - Level 3 Extended Diploma in Sport			
Unit or Component No & Title	Assignment Title	Targeted Learning Aim/s or Outcome/s	Internal Assessment Hand in Date or External Assessment Date

Unit 4 Sports Leadership	Investigating appropriate leadership strategies.	<p>A: Understand the roles, qualities and characteristics of an effective sports leader.</p> <p>B: Examine the importance of the psychological factors and their link with effective leadership.</p>	Spring half term
Unit 4 Sports Leadership	Applying appropriate leadership strategies.	C: Explore an effective leadership style when leading a team during sport and exercise activities.	End of Spring term
Unit 5 Application of Fitness Testing	Investigating and implementing fitness testing practices	<p>A: Understand the principles of fitness testing.</p> <p>B: Explore fitness tests for different components of fitness.</p>	Autumn half term
Unit 5 Application of Fitness Testing	Fitness profiling	C: Undertake evaluation and feedback of fitness tests results.	End of Autumn term
Unit 8 Sports Coaching	Investigating the coaching role and applying personal reflective practice	A: Investigate the skills, knowledge, qualities and best practice of performance coaches	Autumn half term

Unit 8 Sports Coaching	Investigating coaching practices to develop sporting skill, technique and tactical ability.	B: Explore practices used to develop skills, techniques and tactics for performance	End of Autumn Term
Unit 8 Sports Coaching	Applying and reviewing effective coaching practices	C: Demonstrate effective planning of coaching for performance. D: Explore the impact of coaching for performance	Spring half term
Unit 3 Professional Development in Sport	Careers in Sport	A: Understand the career and job opportunities in the sports industry. B: Explore own skills using a skills audit to inform a career development action plan	Spring half term

Unit 3 Professional Development in Sport	Applying for a job in the Sports Industry	<p>C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway.</p> <p>D: Reflect on the recruitment and selection process and your individual performance</p>	End of spring term
Unit 10 Sports Event Organisation	Planning a local sport event!	<p>A: Investigate how different types of sports events are planned and delivered.</p> <p>B: Develop a proposal for a sports event for implementation approval</p>	Summer half term
Unit 10 Sports Event Organisation	Planning and Delivering a Sports Event.	<p>C: Undertake the planning, promotion and delivery of a sports event.</p> <p>D: Review the planning, promotion and delivery of a sports event and reflect on your own performance</p>	Summer half term
Unit 1 Anatomy and Physiology	Anatomy and Physiology	All learning aims	Start of Spring term
Unit 2 Fitness Training and Programming for Health, Sport and Fitness	Fitness Training and Programming for Health, Sport and Fitness	All learning aims	Start of Summer term

Year 2

Unit or Component No & Title	Assignment Title	Targeted Learning Aim/s or Outcome/s	Internal Assessment Hand in Date or External Assessment Date
Unit 22 Investigating Business in Sport and the Active Leisure Industry	Exam Unit	All learning aims	Start of Spring term
Unit 19 Development and Provision of Sport and Physical Activity	Exam Unit	All learning aims	Start of Spring term
Unit 1 Anatomy and Physiology (resit)	Exam Unit	All learning aims	Start of Spring term
Unit 2 Fitness Training and Programming for Health, Sport and Fitness (resit)	Exam Unit	All learning aims	Start of Spring term
Unit 25 Rules, Regulations and Officiating in Sport	Roles and Responsibilities of Officials	A: Understand the development of the roles and responsibilities of the officials involved in sport	Autumn half term
Unit 25 Rules, Regulations and Officiating in Sport	The Performance of Officials	B: Explore the performance of officials in a selected sport	Autumn half term

Unit 25 Rules, Regulations and Officiating in Sport	Demonstrating Your Officiating Skills!	C: Undertake the role of a match official in a competitive sport	Autumn half term
Unit 26 Technical and Tactical demands	What is Effective Technical and Tactical Performance?	A: Examine the technical skills and tactical components of sport that contribute to effective performance	Spring half term
Unit 26 Technical and Tactical demands	Exploring Technical and Tactical Performance in Sport	B: Investigate methods to measure technical and tactical performance in sport. C: Explore the technical and tactical performance at different stages of the performance continuum.	End of spring term Summer half term

Unit 9: Research Methods in Sport	Examining key research methods in a sporting field.	<p>A: Understand the importance of research in sporting environments.</p> <p>B: Examine key issues that impact on the effectiveness and quality of research in sport</p>	<p>Spring half term</p> <p>End of spring term</p>
Unit 9: Research Methods in Sport	Applying key research methods in a sporting field.	C: Apply appropriate research methods to a selected research problem in sport.	Summer half term

23: Skill Acquisition in Sport	Producing Skilled Performance	<p>A: Investigate the nature of skilled performance.</p> <p>B: Examine ways that sports performers process information for skilled performance</p>	End of spring term
23: Skill Acquisition in Sport	Teaching and Learning in Sport Presentation	C: Explore theories of teaching and learning in sport	Summer half term
23: Skill Acquisition in Sport	Demonstrating Teaching and Learning Strategies	D: Carry out teaching and learning strategies for sports skills	Summer half term
Unit 7 Practical Sports Performance	Increasing Participation in Olympic Individual and Team Sports.	<p>A: Examine National Governing Body rules/laws and regulations for selected sports competitions.</p> <p>B: Examine the skills, techniques and tactics required to perform in selected sports.</p>	End of Spring term

Unit 7 Practical Sports Performance	Assessing Performance in an individual and team sport	<p>C: Develop skills, techniques and tactics for sporting activity in order to meet sport aims.</p> <p>D: Reflect on own practical performance using selected assessment methods</p>	Summer half term
Unit 19 Development and Provision of Sport and Physical Activity	Exam unit	All learning aims	May (Resits)

Level 3 BTEC Sport Extended Certificate

Year 1

Unit or Component No & Title	Targeted Learning Aim/s or Outcome/s	External Assessment Date
Unit 1 Anatomy and Physiology	All Learning Aims	May (Date to be confirmed)
Unit 2 Fitness Training and Programming for Health, Sport and Fitness	All Learning Aims	May (Date to be confirmed)

Year 2

Unit or Component No & Title	Assignment Title	Targeted Learning Aim/s or Outcome/s	Submission date
Unit 4 Sports Leadership	Investigating appropriate leadership strategies.	A: Understand the roles, qualities and characteristics of an effective sports leader. B: Examine the importance of the psychological factors and their link with effective leadership.	End of Autumn term
Unit 4 Sports Leadership	Applying appropriate leadership strategies.	C: Explore an effective leadership style when leading a team during sport and exercise activities.	End of Spring term
Unit 3 Professional Development in Sport	Careers in Sport	A: Understand the career and job opportunities in the sports industry. B: Explore own skills using a skills audit to inform a career development action plan.	End of Autumn term

Unit 3 Professional Development in Sport	Applying for a job in the Sports Industry	C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway. D: Reflect on the recruitment and selection process and your individual performance	End of Spring term
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