

Year	Autumn 1 – Spring 1 Teacher 1	Autumn 1 – Spring 1 Teacher 2	Spring 1-Summer 1 Teacher 1	Spring 1 – Summer 1 Teacher 2	Summer 2 Teacher 1 and 2
12 BTEC National	Year 12 mock exams (Feb/Mar)		Year 12 Final exams (Jul)		
	Anatomy and Physiology	Professional Development in the Sports industry	Anatomy and Physiology	Professional Development in the Sports industry	Fitness Training and Programming for Health, Sport and Well-being
	<b>Key Knowledge:</b> <ul style="list-style-type: none"> <li>• A - The effects of exercise and sports performance on the skeletal system</li> <li>• B- The effects of exercise and sports performance on the muscular system</li> <li>• C - The effects of exercise and sports performance on the respiratory system</li> </ul>	<b>Key Knowledge:</b> <ul style="list-style-type: none"> <li>• A: Understand the career and job opportunities in the sports industry</li> <li>• B: Explore own skills using a skills audit to inform a career development action plan</li> </ul>	<b>Key knowledge:</b> <ul style="list-style-type: none"> <li>• D - The effects of sport and exercise performance on the cardiovascular system</li> <li>• E - The effects of exercise and sports performance on the energy systems</li> </ul>	<b>Key Knowledge:</b> <ul style="list-style-type: none"> <li>• C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway</li> <li>• D: Reflect on the recruitment and selection process and your individual performance</li> </ul>	<b>Key Knowledge:</b> <ul style="list-style-type: none"> <li>• A - Examine lifestyle factors and their effect on health and well-being</li> <li>• B Understand the screening processes for training programming</li> </ul>
	<b>Aps and Websites:</b> <a href="#">Join the Movement   Sport England</a> <a href="#">Further Education Resource Hub - Women In Sport</a> <a href="#">7 Tips for keeping fit at home during Covid-19 (Corona Virus) restrictions - Virtual Runner (virtualrunneruk.com)</a> <a href="#">The 50 sport video games that made us - #mybestsportvideogame - Live - BBC Sport</a> <a href="#">Sporting Resources (topendsports.com)</a> <a href="#">BTEC 2016 Specification (pearson.com)</a>				

Year	Autumn 1 – Autumn 2 Teacher 1 & 2	Autumn 1 – Autumn 2 – Spring 1 Teacher 1 & 2	Spring 1-Spring 1 Teacher 1	Spring 1 – Summer 1 Teacher 1	Summer 2
13 BTEC National	Year 13 Mock (Nov)		Year 13 Mocks (Feb/Mar)		Final exams
	<b>Fitness Training and Programming for Health, Sport and Well-being</b>	<b>Application of Fitness Testing</b>	<b>Fitness Training and Programming for Health, Sport and Well-being</b>	<b>Anatomy and Physiology Resist students only</b>	<b>Final Exams/resist</b>
	<b>Key Knowledge:</b> <ul style="list-style-type: none"> <li>• C - Understand programme-related nutritional needs</li> <li>• D - Examine training methods for different components of fitness</li> </ul>	<b>Key Knowledge:</b> <ul style="list-style-type: none"> <li>• A - Understand the principles of fitness testing</li> <li>• B - Explore fitness tests for different components of fitness</li> <li>• C: Undertake evaluation and feedback of fitness test results</li> </ul>	<b>Key Knowledge:</b> <ul style="list-style-type: none"> <li>• E - Understand training programme design</li> <li>• Exam: Application of Fitness Testing.</li> </ul>	<b>Key Knowledge:</b> <ul style="list-style-type: none"> <li>• A - The effects of exercise and sports performance on the skeletal system</li> <li>• B- The effects of exercise and sports performance on the muscular system</li> <li>• C - The effects of exercise and sports performance on the respiratory system</li> <li>• D - The effects of sport and exercise performance on the cardiovascular system</li> <li>• E - The effects of exercise and sports performance on the energy systems</li> </ul>	<b>Key Knowledge:</b> <ul style="list-style-type: none"> <li>• Exam: Anatomy and Physiology</li> <li>• Exam: Application of Fitness Testing</li> </ul>
	<b>Aps and Websites:</b> <a href="#">Join the Movement   Sport England</a> <a href="#">Further Education Resource Hub - Women In Sport</a> <a href="#">7 Tips for keeping fit at home during Covid-19 (Corona Virus) restrictions - Virtual Runner (virtualrunneruk.com)</a> <a href="#">The 50 sport video games that made us - #mybestsportvideogame - Live - BBC Sport</a> <a href="#">Sporting Resources (topendsports.com)</a> <a href="#">BTEC 2016 Specification (pearson.com)</a>				