

Bilton School – Planning for progress over time- bit C Extended Certificate Teal 13 Bilton School – Planning for progress over time- bit C Extended Certificate Teal 13 Intent – For students to become competent, confident and masters in a broad range of physical activities and sport. To be able to analyse and evaluate their own and peer's performance. Develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life. To understand and apply long-term participation health benefits of physical activity that promotes an active healthy lifestyle.

	Terr	n 1								Term	2							Tern	n 3						Terr	n 4						Terr	n 5					Tern	n 6				
	2/9/19	9/9/19	16/9/19	23/9/19	30/9/19	7/10/19	14/10/19	21/1/19		4/11/19	11/11/19	18/11/19	25/11/19	2/12/19	9/12/19	16/12/19		4/1/21	11/1/21	18/1/21	25/1/21	1/2/21	8/2/21		22/2/21	1/3/21	8/3/21	15/3/21	22/3/21	29/3/21		19/4/21	26/4/21	3/5/21	10/5/21	17/5/21		1/6/20	8/6/20	15/6/20	22/6/20	29/6/20	6/7/20
	L2 Baseline Assessment – Q 1,2.	L5 Health Monitoring Tests	L5 Micronutrients	L5 Assessment Q1,2,3.	L5 Muscular Strength Training	L5 Agility Training	L5 Speed Training	Lesson 5 Assessment Q4		L5 Training programme Design								Rules and laws in sport	Unwritten Rules and Sportsmanship	The role of officials	Technical demands to perform in sport -	Tactical Demands in sports performance	Tactical Demands in sports performance		Unit 7 Assignment 1	Unit 7 Assignment 1	Unit 7 Assignment 1	Practice assessment	Practice assessment	Unit 7 Assignment 2		Unit 7 Assignment 2											
<b>IMPLEMENTATION</b>	L1 – Baseline Assessment Revision	L4 LQ and PARQ	L4 Macronutrients	L4 Revision	L3Aerobic Training: Fartlek, Interval and Circuit	L4 Muscular Endurance Training	L4 Flexibility Training	Lesson 4 Power Training	Holiday- 1 week	L4 Training programme design	Practice assessment	DIRT	Revision Unit 2	Assessment	Assessment	DIRT	Holiday- 2 weeks	Rules and Laws in sport	Unwritten Rules and etiquette	The role of officials	Technical demands to perform in sport -	Tactical Demands in sports performance	Tactical Demands in sports performance	Holiday- 1 week	Unit 7 Assignment 1	Unit 7 Assignment 1	Unit 7 Assignment 1	Practice assessment	Practice assessment	Unit 7 Assignment 2	Holiday- 2 Weeks	Unit 7 Assignment 2	Holiday- 1 Week										
		L3 DIRT Q2	L3 Energy Balance + DRV's	L3 Nutritional Strategies	L3 Aerobic Training: Target Zones + Continuous Training	L3 Muscular Endurance Training	L3 Flexibility Training	L3 Reaction Time Training		L3 Training programme design	Practice assessment	Assessment	Exam Technique	Revision unit 2	Revision unit 2	Assessment		Revision Unit 2	Unwritten rules, Sportsmanship	The role of officials	Technical demands to perform in sport	Tactical Demands in sports	Tactical Demands in sports		Unit 7 Assignment 1	Unit 7 Assignment 1	Unit 7 Assignment 1	Practice assessment	Practice assessment	Unit 7 Assignment 2		Unit 7 Assignment 2											
		L2 DIRT Q1	L2 Scenarios Health Screening	L2 Nutritional Strategies	L2 Components f Fitness	L2 Aerobic Training: Fartlek, Interval and Circuit	L2 Core Stability Training	L2 Coordination Training		L2 training programme design	Practice assessment	Exam Technique	Exam Technique	Walking talking mock	Revision unit 2	Revision Unit 2		Revision Unit 2	Competition Rules and Laws	The role of officials	Technical demands to perform	Technical demands to perform	Tactical Demands in sports		Unit 7 Assignment 1	Practice assessment	Unit 7 Assignment 2		Unit 7 Assignment 2														

End Point	a Image: Construction of the second seco	Image: second	By the end of term 3 students   Will be able to:   •   •   Know rules and laws of both a team and an individual sport   •	Image: Line of the second s	C L				
Progress and Assessment	Assessment for Unit – end of topic leading to UNIT 2 assessment	Assessment for Unit – end of topic leading to UNIT assessment	Assessment for Unit – end of topic leading to UNIT 2 assessment Assessment through practice cwk and starting official BTEC assignments	Assessment through practice cwk and starting official BTEC assignments	Assessment th practice cwk a official BTEC a				
Key Vocabulary/ Literacy	Each topic and assignment will be linked to key words. Literacy links for year 13 students as they develop writing to a level 3 course standard. Writing frames can be provided for weaker students.	Each topic and assignment will be linked to key words. Literacy links for year 13 students as they develop writing to a level 3 course standard. Writing frames can be provided for weaker students.	Each topic and assignment will be linked to key words. Literacy links for year 13 students as they develop writing to a level 3 course standard. Writing frames can be provided for weaker students.	Each topic and assignment will be linked to key words. Literacy links for year 13 students as they develop writing to a level 3 course standard. Writing frames can be provided for weaker students.	Each topic an assignment v to key words Literacy links students as t writing to a le standard. Writing fram provided for students.				
Connected Knowledge Connectives to ?????? Theme/topic/yea r group? Cross-curricular themes?	Character and culture: Understanding the positive links of taking part in physical activity and positive mental health. Links to VCERT And GCSE PE: Links to training methods and principles of training.	Character and culture: Understanding the positive links of taking part in physical activity and positive mental health. Links to VCERT And GCSE PE: Links to training methods and principles of training.	Character and culture: Understanding the positive links of taking part in physical activity and positive mental health. Links to VCERT And GCSE PE: Links to training methods and principles of training.	Character and culture: Understanding the positive links of taking part in physical activity and positive mental health.	Character and Understanding positive links of part in physica and positive m health.				

Unit 7 Assignment 2	Unit 7 Assignment 2	Unit 7 Assignment 2				
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omple ssignn nd 2 fo t thro vk and	eting nent 1 or unit	7.		 	 	
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ding t ks of	taking activit					