

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 | | | | | | | |
| IMPLEMENTATION | 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 | | | | |
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| 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. | | | | |
| ds. ks for s they a leve | be linl year deve l 3 cou can be aker | 13 lop ırse | | | | |
| ding t ks of | taking activit | | | | | |