Planning for Learning

Sport Key Stage 4

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Life Sciences UTC

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# 1. Sequencing Statement

The current curriculum enables students to gain a knowledge and understanding of at least two chosen sport as well as developing different coaching and leadership styles throughout the course. Students will improve their leadership skills through coaching one another as well as designing a training program analyzing before and after results and seeing what impact and affect the exercise has had on the body.

# 2. Specialism Statement

The PE department prides itself on being able to support the ethos of Life Sciences UTC and The Studio through a variety of means. Firstly, our course provides opportunity to apply academic approaches to vocational scenarios through appropriate links between theory and practice. This approach should prepare our students for both academic and vocational progression. The rigour of our internal assessment encourages a number of skills including development of literacy, critical thinking and workload management. In addition we have state of the art facilities allowing students to have the best possible equipment to allow them to be successful within the course.

# 3. Curriculum on a Page

**Unit 2 Practical Sport**

Research 2 sports and explain as much information as possible about them, then take part in those sports and self-evaluate suggesting ways to improve.

**Unit 1 Exam Unit**

Understand components of fitness, principles of training, heart rate, training zones, fitness tests, FITT, methods of training and stretching and take an online exam.

***Year 11***

**Unit 3 Applying the principles of personal training**

Perform a variety of fitness tests and design a 6-week training programme, perform tests again and evaluate results.

**Unit 6 Leading sports activities**

Compare successful sports leaders, design sports sessions and implement the sessions with the rest of the class. Review sessions and explain and justify targets for the future.

# 4. Knowledge Acquisition

Students partake in at least one practical lesson per week to put understanding in the classroom, into practice. Each lesson they are set exam style questions to test their knowledge and understanding and at the end of each unit, set a mock exam based on what’s been learnt. In formal games such as kahoot also allows for the teacher to gain an understanding of what the students have retained.

# 5. Routines

Students should have 3 lessons per week, with at least one of these lessons being practical and the other two coursework-based theory lessons. Often, the practical sessions will be based around the content that has been taught in lessons. Coursework is uploaded onto Google Classroom and marked regularly with students given feedback and opportunities at the start of each lesson to make corrections. Feedback is also given verbally during practical lessons and students can then transfer this feedback into their coursework at the start of each lesson.

# 6. Literacy

Throughout this course of study there are ample opportunities for pupils to develop their literacy skills. The nature of assignment writing as required for internal assessment warrants itself to such skills. Examples of literacy development include:

* development of complex paragraphs
* key words highlighted for each lesson and emphasis placed on the use of words in writing activities
* reading material which includes academic research in the subject area
* cross-referencing of sources
* evaluation of sources.

# 7. Resources

For sport, all resources are uploaded on to the Google Classroom site. The Google classroom is broken down into the units that make up that topic, alongside additional learning and support material relative to each a personalised website dedicated to the exam unit created by the teacher [www.mrforrestsports.co.uk](http://www.mrforrestsports.co.uk).

Additionally, students are given a revision guide to help them prepare for their exam. In terms of practical, as mentioned before, we have state of the art facilities that allow students to be able to access the course and be successful.

# 9. Syllabus

We currently do Pearson BTEC Level 2 first for sport.

# <https://qualifications.pearson.com/content/dam/pdf/BTEC-Firsts/Sport/2012/Specification-and-sample-assessments/9781446936368_BTECFIRST_AWD_SPORT_SPEC_ISS4.pdf10>

# . What Will I Learn?

Fitness training methods, components of fitness, training thresholds, fitness testing, leadership skills, the functions of the cardiorespiratory system, how exercise affects the body and an in depth knowledge of at least 2 sports. Students will also learn how to be successful learners, how to measure fitness and how to plan a training programme in order to improve their specific fitness needs.

# 11. How Will I Be Assessed?

You will be assessed through a combination of Externally Assessed Examinations and Internally Assessed Assignments.

# 12. How Will This Prepare Me for My Next Steps?

Students will be given Will give a basic knowledge of the functions of the body when put under stress through exercise, will also give you fantastic leadership skills and the confidence to lead a small group.

# 13. Contribution to UTC & Studio Aims

**Life Sciences UTC:**

“Our ethos is simple: we’re committed to providing the highest standards of teaching and learning, combined with real life industry experience which opens doors for our students. Our offer is unique, and we’re proud to work with some of the world-leaders in science and healthcare, giving our students the ability to build a strong and enviable portfolio of experience, so they can hit the ground running once they graduate from our UTC.”[[1]](#footnote-1)

The PE Department prides itself on being able to support the ethos of Life Sciences UTC and Studio through a variety of means. The course provides opportunity for academic approach to be applied to vocational scenarios as well as allowing students the opportunity to improve leadership and team work skills which in tern will grow their confence.

# 14. Career Planning

Sports qualifications allow you to move on to various sports jobs such as:

* PE Teacher
* Physiotherapist
* Sports Coach
* Personal Trainer
* Nutritionist
* Community Worker
* College Tutor
* Journalism
1. <https://lifesciencesutc.co.uk/who-we-are/about-us-and-ethos/> [↑](#footnote-ref-1)