

Curriculum Map								
Year 12								
Half term	Unit title with hyperlink to scheme of work	Unit summary	Skills & content covered	Skills & content revisited	Summary of formative marking, feedback and student response	Summative assessment schedule, including assessment criteria	Teacher	Timeframe
ALL YEAR	Unit 2 – Fitness Training and Programming for Health, Sport and Well – Being	Students will explore the process required for screening clients and assessing their lifestyle and nutritional intake. How to interpret this information will then be examined. From this information students will explore how to make judgements on a specific individual's current lifestyle and then suggest modifications to help improve the individual's fitness, health and overall well-being. Fitness training methods will be examined for each component of physical and skill-related fitness. The selection of appropriate training methods for a selected individual and their application into a training programme will then be explored. To complete the assessment task within this unit, students will need to draw on learning from previous units.	The knowledge and skills gained from Unit 1 will be assessed externally under examination conditions: <ul style="list-style-type: none"> •A – Examine lifestyle factors and their effect on health and well – being •B – Understand the screening processes for training programming. •C – Understand programme related nutritional needs. •D – Examine training methods for different components of fitness. •E – Understand training programme design. 	This unit provides links to Unit 1 – Anatomy and Physiology and also Unit 4 – Sports Leadership.	Students will complete a range of tasks in class whereby teachers will mark work produced and state areas of improvements.	Externally assessed unit which focuses on Learning Aims A, B, C, D and E.	ALG and JFE	Exam in June
	Unit 3 – Professional Development in the Sports Industry	Students will research the different possible careers and the associated job roles in the sports industry, then action plan their own development towards achieving a selected career aim. They will analyse their own skills and identify how to develop them into a career through the use of a career plan. Students will research their chosen career to understand how to access and progress within it. They will take part in application and interview assessment activities for a selected career pathway, drawing on knowledge and skills from across the qualification to identify their own strengths and gaps in knowledge and skills. Students will go onto evaluating their own performance to gain an understanding of the generic employability and specific-technical knowledge and skills required to access and progress in a selected career pathway in the sports industry.	Unit 3 will be assessed through a written report and a practical assessment. The written report will focus on: <ul style="list-style-type: none"> •Earning Aim A – Understand the career and job opportunities in the sports industry. •Earning Aim B – Explore own skills using a skills audit to inform a career development action plan •Earning Aim D – Reflect on the recruitment and selection process and your individual performance. The practical assessment will focus on: •Earning Aim C – Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway 	This unit provides links to Units 2, 4, 5, 8 and 19.	Students will complete a range of tasks in class whereby teachers will mark work produced and state areas of improvements.	Coursework completion of Learning Aims: A – P1. P2. M1. AB – D1 B – P3. P4. M2. M3. AB – D1 C – P5. P6. M4. CD – D2. CD – D3 D7. M5. CD – D2. CD – D3	TDE	Due in May
Autumn 1 and 2	Unit 4 – Sports Leadership	A practical unit which aims to develop students' confidence in a variety of different roles when leading a sport. These roles range from coach, to official, to captain or personal trainer. Students will be guided through the requirements of effective leadership and this will develop their knowledge and understanding of the leader's role, the key skills, qualities and characteristics. They will be required to take on the role of a leader and demonstrate the necessary range of skills and trajectory of a ball, and then process this information so that they can produce a response in the form of a skilled movement. Students will explore the key theories of how individuals learn skills and how new skills can be presented, using different strategies to facilitate their learning.	Unit 4 will be assessed through two different ways; a written report and a practical assessment of the students' leadership abilities. The written report will focus on: <ul style="list-style-type: none"> •Earning Aim A – To understand the roles, qualities, and characteristics of an effective sports leader. •Earning Aim B – To examine the importance of psychological factors and their link with effective leadership. The practical assessment will focus on: <ul style="list-style-type: none"> •Earning Aim C – To explore an effective leadership style when leading a team during sport and exercise activities. 	This unit provides links to Unit 6 – Sports Psychology where students can use learned knowledge to help consolidate new knowledge throughout Unit 6.	Students will complete a range of tasks in class whereby teachers will mark work produced and state areas of improvements.	Coursework completion of Learning Aims: A – P1. P2. M1. D1 B – P3. M2. D2 C – P4. P5. M3. M4. D3	AYA	Due in Dec
Spring 1 and 2 & Summer 1 and 2	Unit 30 – Exercise, Health and Lifestyles?	Students will build on prior knowledge from Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing and delve deeper into the factors that make up a healthy lifestyle. Students will investigate the relationship between physical, social and mental/emotional health and explore how small changes in daily lifestyle routines can have a big impact on the quality of life. They will then carry out a lifestyle assessment for an individual, planning a lifestyle programme for them and review its impact.	Unit 30 will be assessed through a written report that focuses on: <ul style="list-style-type: none"> •Earning Aim A – Understanding the importance of lifestyle factors for promoting a healthy lifestyle. •Earning Aim B – Carry out assessments in order to provide advice to clients. •Earning Aim C – Plan and review lifestyle programmes. 	This unit provides links to Unit 4 – Sports Leadership and Unit 6 – Sports Psychology.	Students will complete a range of tasks in class whereby teachers will mark work produced and state areas of improvements.	Coursework completion of Learning Aims: A – P1. P2. P3. M1. D1 B – P4. M2. D2 C – P5. M3. D3	AYA	Due in March
	Unit 6 – Sports Psychology?	Students will explore individual psychological factors that can influence performance, the psychological aspects of environments that sports are played in and the influences that others can have on performance. Students will look at how the functioning of a group can influence the outcome a sports team produces and how motivation can be developed and influenced. They will examine how arousal, anxiety, stress and self-confidence can affect performance and how these need to be controlled in order to achieve optimum performance. They will also explore the psychological skills and programmes that can be used to improve performance.	Unit 6 will be assessed through written reports that focuses on: <ul style="list-style-type: none"> •Earning Aim A – Understand how personality, motivation and competitive pressure can affect sport performance. •Earning Aim B – Examine the impact of group dynamics in team sports and its effect on performance •Earning Aim C – Explore psychological skills training programmes designed to improve performance 	This unit provides links to Unit 4 – Sports Leadership.	Students will complete a range of tasks in class whereby teachers will mark work produced and state areas of improvements.	Coursework completion of Learning Aims: A – P1. P2. M1. M2. D1 B – P3. P4. M3. D2 C – P5. P6. M4. D3	AYA	Due in May