

Sport and Physical Activity

Diploma and Extended Diploma

Year 12			
	Autumn	Spring	Summer
Curriculum Knowledge	D: Unit 1 (Body systems and the effect of physical activity) and Unit 3 (Sports development and organisation) ED: Unit 1 (Body systems and the effect of physical activity), Unit 3 (Sports development and organisation) and Unit 4 (Working safely in sport)	D: Unit 2 (Sports coaching and activity leadership) ED: Unit 2 (Sports coaching and activity leadership)	D: Unit 8 (Organisation of sports events) ED: Unit 8 (Organisation of sports events)
Tier 3 Vocabulary	Unit 1 Tier 3 Example Vocabulary Axial skeleton, appendicular skeleton, synovial joints, cartilaginous joints, lateral flexion, latissimus dorsi, slow glycolytic muscle fibres, stroke volume, ATP-PC system. Unit 3 Tier 3 Example Vocabulary DCMS, UK Government, National Governing Bodies, National Lottery, International Governing Bodies, European Union, Sport Development Continuums, target groups. Unit 4 Tier 3 Example Vocabulary Hazards, emergencies, RIDDOR, COSHH, HSE, DBS, Duty of care, risk assessments, first aid, safeguarding, abuse, CPSU.	Unit 2 Tier 3 Example Vocabulary Instructor, facilitator, skill classification, leadership, self-assessment, warm-up, skill rehearsal.	Unit 8 Tier 3 Example Vocabulary Tournaments, fundraising, SMART, goal, promotion, formative assessment, self-assessment, skill development.
Curriculum Opportunities	Leadership and support in core PE lessons across KS3 and KS4.	Leadership and support in core PE lessons across KS3 and KS4.	Leadership and support in core PE lessons across KS3 and KS4.

	Officiating in extra-curricular fixtures across KS3 and KS4. External speakers and trips.	Officiating in extra-curricular fixtures across KS3 and KS4. External speakers and trips.	Officiating in extra-curricular fixtures across KS3 and KS4. External speakers and trips.
Year 13			
	Autumn	Spring	Summer
Curriculum Knowledge	D: Unit 2 (Sports coaching and activity leadership) D: Unit 8 (Organisation of sports events) ED: Unit 5 (Performance analysis in sport and exercise) Unit 11 (Physical activity for specific groups)	D: Unit 17 (Sports injuries and rehabilitation) ED: Unit 17 (Sports injuries and rehabilitation)	ED: Unit 18 (Practical skills in sport and physical activities)
Tier 3 Vocabulary	Unit 2 Tier 3 Example Vocabulary Instructor, facilitator, skill classification, leadership, self-assessment, warm-up, skill rehearsal. Unit 8 Tier 3 Example Vocabulary Tournaments, fundraising, SMART, goal, promotion, formative assessment, self-assessment, skill development. Unit 5 Tier 3 Example Vocabulary Performance, analysis, feedback, evaluation, feedback, observation, data mining, software, action planning, graphs, charts, diagrams, target setting, SMART targets. Unit 11 Tier 3 Example Vocabulary Target groups, provision, campaigns, physiological, antenatal, postnatal, adolescents, sociological, barriers, exercise, considerations, planning.	Unit 17 Tier 3 Example Vocabulary Chronic, acute, tendonitis, fracture, sprains, strains, dislocation, ligament, tendon, anxiety, depression, extrinsic factor, intrinsic factor, psychological, risk assessment, risk management, EAP, RICE, MRI, rehabilitation, remodelling, SMART.	Unit 18 Tier 3 Example Vocabulary Individual, team, creativity, flair, tactics, strategies, decision-making, adaptability, awareness, roles, outdoor adventurous, team work, leadership, officials, referees.
Curriculum Opportunities	Leadership and support in core PE lessons across KS3 and KS4. Officiating in extra-curricular fixtures across KS3 and KS4.	Leadership and support in core PE lessons across KS3 and KS4. Officiating in extra-curricular fixtures across KS3 and KS4.	Leadership and support in core PE lessons across KS3 and KS4. Officiating in extra-curricular fixtures across KS3 and KS4.

	External speakers and trips.	External speakers and trips.	External speakers and trips.
--	------------------------------	------------------------------	------------------------------