

Exam Board:	<i>Edexcel</i>
Qualification:	<i>Level 3 National Extended Certificate in Sport</i>
Assessment Information:	<i>2 written examinations worth 67% of final grade (Unit 1 = 90 minutes. Unit 2 = 150 minutes.)</i>
	<i>2 internally assessed written pieces of coursework.</i>

[Link to official specification](#)

Department Information:

Our principal aim is to develop the sporting abilities, health and well-being of every student at Furze Platt. We strive for our students to adopt sporting values and develop a life-long love of sport and physical activity. Whether it be embracing competition in the numerous sports teams or developing an understanding of exercise that will benefit health for life, PE at Furze Platt is accessible to all.

Extra-curricular

We are proud to offer a broad extra-curricular provision that enables students to participate in traditional sports and more alternative sports such as fitness, table tennis and volleyball. Extra-curricular offerings change each term to provide students with variety throughout the year. In addition to our termly inter-house sporting competitions, the school also enters all sports teams into both league and cup competitions so that competitive fixtures are regular throughout the year. We also enter teams into regional athletics meets in the summer term. These fixtures enable many of our students to gain recognition at district and county level.

Leadership Opportunities

For students in Year 9 to Year 13, there is the yearly opportunity to apply to become a Furze Platt Sports Leader. This popular role allows students to develop essential life skills such as leadership, teamwork, planning and organisation, coaching and officiating all while supporting the PE department. Recent events led by our Sports Leaders include the whole school Sport Relief Mile, a Primary School netball festival that was attended by 10 local Primary Schools and the introduction of the Furze Platt Sport Review termly newsletter.

ACHIEVE in the curriculum:

The Sports Studies course embodies all the ACHIEVE values through its content and learning approaches. Some examples include:

Ambition - Developing written exam skills and producing high quality written work.

Versatility - Applying their theoretical knowledge to a broad range of sporting activities and scenarios. Utilising prior knowledge they have from GCSE and other A Level courses they may be studying such as Biology, Psychology or Business.

Integrity - Students will be expected to show integrity, empathy and respect when discussing complex issues and engaging in debates.

Endurance - Students will be expected to demonstrate endurance by continuously revisiting previous content to ensure it is secure within the long term memory.

Curriculum Aims & Intent:

The year 12 Sport Studies curriculum is divided into two sections: *fitness training* and *professional development*.

Fitness training - Students will explore the process required for screening clients and assessing their lifestyle and nutritional intake and then examine how to interpret this information. From this information, students will then 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.

Professional development NEA - Students will research the different possible careers and the associated job roles in the sports industry, then action plan their development towards achieving a selected career aim. Students will analyse their own skills and identify how to develop them into a career through a career plan. Students will then 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. They will evaluate 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.

How we keep parents informed:

Year 12 - Progress reports are published 4 times per year, in October, January, March and July, with a face-to-face parents' evening in November.

Resources:

- Textbook: BTEC Nationals Sport Student Book 1 + Activebook - ISBN-10: 1292134003 or ISBN-13: 978-1292134000
- Revision Guide: Pearson REVISE BTEC National Sport Units 1 & 2 Revision Guide - ISBN 1292230533
- EverLearner: <https://theeverlearner.com/>

How parents can help their child:

We ask that parents support their child in meeting deadlines for their written coursework and encouraging them to attend relevant intervention sessions in the preparation for the examination.

What we study and when:					
Term	Unit, Topic Or Summary Of Work Covered	Knowledge, Understanding & Skills Developed	ACHIEVE / Personal Development Focus	How The Work Is Assessed	Careers Links
1	<p>Lifestyle factors and their effect on health and well-being</p> <p>Screening processes</p> <p>Training methods for components of fitness (CoF)</p>	<p>Positive Factors</p> <ul style="list-style-type: none"> • Exercise & physical activity and their benefits • Balanced diet • Positive risk-taking activities • Government recommendations/guidelines <p>Negative Factors</p> <ul style="list-style-type: none"> • Smoking • Alcohol • Stress • Sleep • Sedentary lifestyle <p>Lifestyle Modification</p> <ul style="list-style-type: none"> • Common barriers to change: time, cost, transport, location. • Strategies to increase physical activity levels • Smoking cessation strategies • Strategies to reduce alcohol consumption • Stress management techniques: <p>Screening Processes</p> <ul style="list-style-type: none"> • Screening questionnaires and legal considerations • Health monitoring tests • Interpretating results from health monitoring tests <p>Training methods for CoF</p> <ul style="list-style-type: none"> • Health related CoF • Skill related CoF • Training methods 	<p>Students will be required to show integrity by being mature, empathic and understanding when engaging in class discussions about potentially sensitive issues.</p> <p>Students will show versatility by applying their theoretical knowledge to a range of sporting examples.</p>	<p>Combination of practice exam questions completed in class and for home learning and an end of unit test.</p>	<p>Nutritionist</p> <p>Doctor</p> <p>Teacher</p> <p>Personal Trainer</p>
2	<p>Programme-related nutritional needs</p> <p>Training programme design</p> <p>Revision</p>	<p>Nutritional needs</p> <ul style="list-style-type: none"> • Common terminology • Energy balance • Macronutrients and micronutrients • Hydration, dehydration and hyperhydration • Adapting diet to gain or lose weight • Ergogenic aids • The use of sports drinks <p>Training programme designs</p>	<p>Students will show ambition when preparing their exam notes to ensure they are including technical language and making them as detailed as possible.</p>	<p>*Official external examination.*</p>	<p>Nutritionist</p> <p>Personal Trainer</p>

	Pre-release material and preparing exam notes.	<p>Fitness training programme design (Aims, objectives, SMART goals, resources)</p> <ul style="list-style-type: none"> Principles of training Periodisation 			
3	Recruitment activities	<p>Recruitments Activities</p> <ul style="list-style-type: none"> Job applications Job adverts Job analysis Job description Personal specifications Covering letters Review of application paperwork (peer and self) Application completion 	<p>Students will show versatility in their evaluative skills across a range of jobs adverts.</p> <p>Students will show excellence in their job application and covering letter - ensuring they are producing work of the highest standard and quality.</p>	<p>NEA marking ongoing with regular feedback provided by staff.</p>	<p><i>This entire unit focus is on careers in the sport and industry.</i></p>
4	<p>Interviews and selected career pathway-specific skills</p> <p><i>Practical coaching sessions</i></p>	<p>Interviews</p> <ul style="list-style-type: none"> Interview questions Mock interviews Practical coaching sessions Analysis of Interview Analysis of coaching 	<p>Students will show integrity when interviewing one another and providing peer feedback.</p>	<p>NEA marking ongoing with regular feedback provided by staff.</p> <p><i>Coaching session observed and assessed by staff.</i></p>	
5	Reflection on the recruitment and selection process	<ul style="list-style-type: none"> Role-play activities Individual appraisal Review of communication skills Review of organisational ability Assessment of development of employability skills. SWOT analysis Creation of action plan 	<p>Students will show integrity when providing peer feedback and conducting role-play activities.</p> <p>Students will be required to show endurance when maintaining motivation by</p>	<p>NEA marking ongoing with regular feedback provided by staff.</p>	

			continuous improving coursework using teacher feedback.	
6	Coursework completion	Complete the remainder of coursework using teacher guidance and ongoing feedback.		NEA marking ongoing with regular feedback provided by staff.