

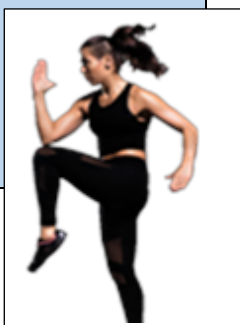


Gordon's School P.E Department

BTEC Year 12 Extended Certificate - Curriculum Map

Key Words / Skills:

Evaluate
Analyse
Discuss
Justify
Describe
Explain



Unit 3 Content

A – Understand the career and job opportunities in the sports industry
B – Explore own skills using a skills audit to inform a career development action plan

Unit 3 Content

C - Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway
D – Reflect on the recruitment and selection process and your individual performance

Unit 2 Content

C – Understand programme-related nutritional needs
D – Examine training methods for different components of fitness
E – Understand training programme design

Unit 2 Content

A – Examine the lifestyle factors and their effect on health and well-being
B – Understand the screening processes for training programming

Unit 2 Examination
January

Year 13

Unit 1 Examination
June

Unit 4 Content

C – Explore an effective leadership style when leading a team during sport and exercise activities.

Unit 1 Content

E - The Effects of exercise and sports performance on the Energy System

Unit 4 Content

A – Understand the roles, quantities and characteristics of an effective sports leader.
B – Examine the importance of psychological factors and their link with effective leadership

Unit 1 Content

A – The Effects of exercise and sports performance on the Skeletal System
B - The Effects of exercise and sports performance on the Muscular System

Unit 1 Content

C - The Effects of exercise and sports performance on the Respiratory System
D- The Effects of exercise and sports performance on the Cardio-vascular System

Year 12

Exam Specification:



Should this QR code not work, please click [here](#) to view the relevant specification

Recommended Reading

