



Curriculum Intent Statement:

This sporting qualification is designed to help students acquire skills and knowledge in sport, exercise and fitness. Students will also gain an understanding of the sport, exercise and leisure vocational sector. Throughout the qualification, there will be a continued focus on the study of sport within the leisure sector providing opportunities for students to acquire a number of practical and technical skills and encouragement for all students to lead a healthy lifestyle.

Students will learn the skills and characteristics needed to be a successful sports coach, and coach a session using their peers as participants. They will also gain a good understanding of the benefits of exercise on the main body systems such as skeletal and muscular systems. Students will benefit from a greater understanding of how nutrition and sports nutrition can benefit health and sport performance. There will also be an opportunity for students to organise and support at a sporting event.

NCFE Sport	
AUTUMN 1	<p>Unit 1: Participating in Sport</p> <ul style="list-style-type: none"> ● Learning outcome 1 Be able to organise a sports activity ● Learning outcome 2 Be able to participate in a sports activity ● Learning outcome 3 Be able to review participation in the sports activity ● Learning outcome 4 Understand rules, regulations and the concept of fair play within sport
AUTUMN 2	<p>Unit 2: Anatomy and Physiology for Exercise</p> <ul style="list-style-type: none"> ● Learning outcome 1 Know the structure and function of the skeletal system ● Learning outcome 2 Know the structure and function of the muscular system ● Learning outcome 3 Know the structure and function of the cardiovascular system ● Learning outcome 4 Know the structure and function of the respiratory system ● Learning outcome 5 Understand the nervous system and its relation to exercise ● Learning outcome 6 Understand energy systems and their relation to exercise
SPRING 1	<p>Unit 3: Introduction to Healthy Exercise and Nutrition</p> <ul style="list-style-type: none"> ● Learning outcome 1 Understand the effects of exercise on the body ● Learning outcome 2 Understand the components and principles of fitness ● Learning outcome 3 Understand nutritional guidelines for different demographics ● Learning outcome 4 Understand the health benefits of good nutrition
SPRING 2	<p>Unit 4: Sports Coaching</p> <ul style="list-style-type: none"> ● Learning outcome 1 Understand the roles, responsibilities, techniques and skills of a sports coach ● Learning outcome 2 Understand the technical process of coaching sports ● Learning outcome 3 Know how to plan a sports coaching session ● Learning outcome 4 Be able to deliver a sports coaching session ● Learning outcome 5 Be able to review a sports coaching session

SUMMER 1	<p>Unit 5: Developing Sporting Skills and Tactical Awareness</p> <ul style="list-style-type: none"> ● Learning outcome 1 Understand the technical and tactical skills for a selected sport ● Learning outcome 2 Know how to assess technical and tactical ● Learning outcome 3 Know how to use goal setting to improve own performance <p>Unit 6: Strength and Conditioning Training</p> <ul style="list-style-type: none"> ● Learning outcome 1 Understand muscle function in strength and conditioning training ● Learning outcome 2 Understand the training responses of the body to strength and conditioning training ● Learning outcome 3 Understand strength and conditioning training techniques ● Learning outcome 4 Be able to prepare and carry out a strength and conditioning session ● Learning outcome 5 Be able to evaluate a strength and conditioning session
SUMMER 2	<p>Unit 7: Development of Personal Fitness Through Training</p> <ul style="list-style-type: none"> ● Learning outcome 1 Know the fitness, training, and psychological requirements of sport ● Learning outcome 2 Know the lifestyle factors that affect sports training and performance ● Learning outcome 3 Be able to plan and implement a personal fitness training programme ● Learning outcome 4 Be able to review a personal fitness training programme <p>Catch up (Previous Year Group) Unit 1: Participating in Sport (New Year Group)</p>

NCFE LEVEL 2 SPORT CURRICULUM PLAN 2022/23

DATE	NCFE SPORT
	<p>Unit 1: Taking part in sport Organising a sporting event (1.1)</p> <ul style="list-style-type: none"> ● Introduction to warm ups

	<ul style="list-style-type: none"> ● Individual and group warm ups ● Introduction to individual and paired session plans <p style="text-align: center;">Practical: applying understanding of lesson plans</p>
2	<p style="text-align: center;">Issues when organising a sporting activity (1.2)</p> <ul style="list-style-type: none"> ● Consolidating understanding of Individual and group warm ups ● Introduction to risk assessments ● Introduction to warm up drills <p style="text-align: center;">Practical: Leading group warm ups and drills</p>
3	<p style="text-align: center;">Plan and organise a competitive sporting activity (1.3, 4.1, 4.4)</p> <ul style="list-style-type: none"> ● How to plan and organise a competitive sports event ● Explore a variety of sporting events and how they are planned: football, basketball, dance, boxing, badminton and pickleball ● Roles of national governing bodies in regulating sport ● How technology can aid officials in making decisions <p style="text-align: center;">Practical: Exploring planned sessions - practising football, basketball and dance</p>
4	<p style="text-align: center;">Plan and organise a competitive sporting activity (1.3, 4.2, 4.3)</p> <p style="text-align: center;">Practical: Exploring planned sessions - practising boxing, badminton and dance</p> <ul style="list-style-type: none"> ● Design and deliver a planned session ● Reviewing your practice/planning ● Identify roles and responsibilities of judge, official, umpire, referee and scorer ● Explain the meaning of fair play and gamesmanship in sport <p style="text-align: center;">Practical: Deliver a planned session</p>
5	<p style="text-align: center;">Participate in a sporting activity (2.1, 4.5)</p> <ul style="list-style-type: none"> ● Participate in a chosen sport activity ● Identify rules for a chosen sport
6	<p style="text-align: center;">Reflection and review - boost and improve work covered over the half term.</p> <ul style="list-style-type: none"> ● Review your own participation in sport (3.1) ● Review others participation in sport (3.2) <p style="text-align: center;">Address gaps in portfolio</p>
	HALF TERM
5	<p style="text-align: center;">Unit 2 - Anatomy & Physiology for Exercise</p> <p style="text-align: center;">Know the structure and function of the skeletal system (1.1, 1.2)</p> <ul style="list-style-type: none"> ● Identify different bones in the body ● Explore the function of the skeleton ● Identify different joints in the body ● Identify different movements at the joints <p style="text-align: center;">Practical: Identifying which sports require certain joint movements</p>
6	<p style="text-align: center;">Know the structure and function of the muscular system (2.1, 2.2)</p> <ul style="list-style-type: none"> ● Identify muscles in the body

	<ul style="list-style-type: none"> Learn about their functions Learn about different muscle types and their movements <p>Practical: Identifying muscle movements in various sports</p>
7	<p>Know the structure and function of the cardiovascular system (3.1)</p> <ul style="list-style-type: none"> Learn about the structure of the cardiovascular system Learn about the function of the cardiovascular system <p>Practical: Take part in cardiovascular focused sports</p>
8	<p>Know the structure and function of the respiratory system (4.1)</p> <ul style="list-style-type: none"> Learn about the structure of the respiratory system Learn about the function of the respiratory system <p>Practical: Fitness testing</p>
9	<p>Understand the nervous system and its relation to exercise (5.1, 5.2, 5.3, 5.4)</p> <ul style="list-style-type: none"> Learn about the role and functions of the nervous system Explore the principles of muscle contraction Learn about the all-or-none law/motor-unit recruitment Describe how exercise can enhance neuromuscular connections and improve motor fitness <p>Practical:</p>
10	<p>Understand energy systems and their relation to exercise (6.1, 6.2)</p> <ul style="list-style-type: none"> Learn how carbohydrates, fats and proteins are used in the production of energy Learn what foods are high in carbohydrates, fats and protein Learn about the 3 energy systems during aerobic and anaerobic exercise <p>Practical:</p>
11	<p>Reflection and review - boost and improve work covered over the half term.</p> <p>Address gaps in portfolio</p>
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12	<p>Unit 3 Healthy exercise and nutrition</p> <p>Understand the effects of exercise on the body (1.1, 1.2, 1.3, 1.4)</p> <ul style="list-style-type: none"> Explore the health benefits of exercise Learn about the health benefits of exercise on the body Learn about the effects of exercise of blood pressure and blood pooling Learn about delayed onset muscle soreness <p>Practical:</p>
13	<p>Understand the components and principles of fitness (2.1, 2.2, 2.3, 2.4)</p> <ul style="list-style-type: none"> Learn about the components of health-related fitness & skill-related fitness Explore the principles of training Learn different methods of training Learn about exercise and key safety guidelines for working with antenatal, postnatal clients, people aged 14–16 & people aged 50+ <p>Practical:</p>

14	<p>Understand nutritional guidelines for different demographics (3.1, 3.2, 3.3, 3.4, 3.5)</p> <ul style="list-style-type: none"> ● Outline nutritional and calorie intake recommendations for different age groups ● Identify key vitamins for different age groups ● Explore why some people may have special dietary requirements ● Learn how to plan a balanced menu, including drinks and snacks for a specific demographic <p>Practical:</p>
15	<p>Understand the health benefits of good nutrition (4.1, 4.2, 4.2, 4.4, 4.5)</p> <ul style="list-style-type: none"> ● Identify health conditions that can be caused by poor nutrition ● Describe key healthy eating advice that underpins a healthy diet ● Explain the importance of adequate hydration ● Learn how public perception and the media can influence people’s nutritional choices ● Learn about what can prevent people from choosing a balanced diet <p>Practical:</p>
16	<p>Reflection and review - boost and improve work covered over the half term.</p> <p>Address gaps in portfolio</p>
HALF TERM	
17	<p style="text-align: center;">Unit 4 - Sports Coaching</p> <p>Understand the roles, responsibilities, techniques and skills of a sports coach (1.1, 1.2, 1.3, 1.4)</p> <ul style="list-style-type: none"> ● Discover the key roles and responsibilities of a sports coach ● Identify the skills required by a sports coach ● Learn about the different techniques a sports coach can use during coaching sessions ● Learn how to communicate effectively during a coaching session <p>Practical:</p>
18	<p>Understand the technical process of coaching sports (2.1, 2.2, 2.3)</p> <ul style="list-style-type: none"> ● Learn about SMART targeting and how it is applied to sports coaching ● Explore the importance of skills and fitness, setting and reviewing aims and objectives & performance analysis ● Identify methods of recording performer progress <p>Practical:</p>
19	<p>Know how to plan a sports coaching session (3.1, 3.2, 3.3, 3.4)</p> <ul style="list-style-type: none"> ● Learn and identify the key components of a sports coaching session ● Discover aims and objectives for a sports coaching session ● Learn behaviour management strategies ● Learn about psychological factors and what to consider when planning a sports coaching session <p>Practical:</p>

20	<p align="center">Be able to deliver a sports coaching session (4.1, 4.2, 4.3)</p> <ul style="list-style-type: none"> ● Learn how to deliver a sports coaching session ● Learn how to implement technical correction, skill development, tactical development & fitness development ● Learn how to give feedback to participants during the coaching session ● Learn how to use appropriate behaviour management strategies <p align="center">Practical: Deliver planned coaching sessions</p>
21	<p align="center">Be able to review a sports coaching session (5.1, 5.2)</p> <ul style="list-style-type: none"> ● Learn how to evaluate a sports coaching session ● Learn how to review against aims and objectives on your own coaching performance ● Learn how to identify development areas ● Learn how to create a personal action plan, using SMART targets for personal coaching improvement <p align="center">Practical: Deliver planned coaching sessions</p>
HALF TERM	
22	<p align="center">Unit 5 Developing sporting skills and tactical awareness Understand the technical and tactical skills for a selected sport (1.1, 1.2, 1.3)</p> <ul style="list-style-type: none"> ● Explore the importance of understanding the technical and tactical skills for a sport ● Learn how to identify the different ways skills can be classified ● Learn how to explain the essential technical skills & tactical skills for a selected sport <p align="center">Practical:</p>
23	<p align="center">Know how to assess technical and tactical skills (2.1, 2.2, 2.3)</p> <ul style="list-style-type: none"> ● Learn how to identify reasons for assessing the technical and tactical skills of athletes ● Learn how to identify methods and tools for assessing technical and tactical skills ● Learn how to identify criteria for assessing the performance of athletes <p align="center">Practical:</p>
24	<p align="center">Know how to assess technical and tactical skills (2.4, 2.5, 2.6)</p> <ul style="list-style-type: none"> ● Learn how to effectively analyse and assess the performance of an athlete ● Learn how role models can be used for benchmarking ● Learn how to identify the role of technology in effective performance assessment <p align="center">Practical:</p>
25	<p align="center">Know how to use goal setting to improve own performance (3.1, 3.2, 3.3)</p> <ul style="list-style-type: none"> ● Learn about goal setting and how it is used to facilitate improvement ● Learn how to identify key performance indicators (KPI's) for a selected sporting activity ● Learn how apply KPIs to a selected sporting activity to assess own technical and tactical performance <p align="center">Practical:</p>
26	<p align="center">Know how to use goal setting to improve own performance (3.4, 3.5)</p>

	<ul style="list-style-type: none"> Learn how to reflect on your own technical and tactical performance following analysis Learn how to identify ways to improve own performance <p style="text-align: center;">Practical:</p>
	HALF TERM
27	<p style="text-align: center;">Unit 6 -Strength and conditioning training Understand muscle function in strength and conditioning training (1.1, 1.2, 1.3, 1.4)</p> <ul style="list-style-type: none"> Learn the basic structure of skeletal tissue Learn to name and locate the anterior skeletal muscles & posterior skeletal muscles Learn the different types of muscle action Learn how to identify the joint actions brought about by specific muscle group contractions <p style="text-align: center;">Practical:</p>
28	<p style="text-align: center;">Understand the training responses of the body to strength and conditioning training & Understand strength and conditioning training techniques (2.1, 2.2, 3.1, 3.2, 3.3, 3.4)</p> <ul style="list-style-type: none"> Learn examples of strength and conditioning training exercises Learn the importance of strength and conditioning training in improving sports specific performance, preventing injury & improving posture Learn correct and safe strength and conditioning exercise techniques Learn about exercises that support core stability development Learn about different training methods for developing strength and endurance Learn about periodisation and how to implement it into training. <p style="text-align: center;">Practical:</p>
29	<p style="text-align: center;">Be able to prepare and carry out a strength and conditioning session (4.1, 4.2, 4.3, 4.4, 4.5)</p> <ul style="list-style-type: none"> Learn how to develop a session plan with specific goals Learn how to correctly and safely set up equipment according to a session plan Learn to provide technically correct explanations and demonstrations appropriate to participant's needs and level of experience Learn how to adapt sessions to respond to the participant's needs <p style="text-align: center;">Practical:</p>
30	<p style="text-align: center;">Unit 7 Development of personal fitness through training Know the fitness, training and psychological requirements of sport (1.1, 1.2, 1.3, 1.4, 1.5)</p> <ul style="list-style-type: none"> Explore the components of physical fitness Learn about different fitness training methods Learn about psychological factors that affect achieving fitness goals Learn about the importance of target setting in achieving fitness goals Learn to explain the importance of reviewing goals for personal development and future improvement <p style="text-align: center;">Practical:</p>
31	<p style="text-align: center;">Know the lifestyle factors that affect sports training and performance (2.1, 2.2, 2.3)</p> <ul style="list-style-type: none"> Learn about lifestyle factors that affect individual training and performance levels Learn about barriers to sports participation and training Discover methods of overcoming barriers to sports participation and training <p style="text-align: center;">Practical:</p>
	HALF TERM

32	<p>Be able to review a personal fitness training programme (4.1, 4.2, 4.3)</p> <ul style="list-style-type: none"> ● Learn how to conduct appropriate fitness tests post fitness training programme to measure improvement ● Learn how to identify areas for development and adaptation of the fitness training programme ● Be able to review short-, medium- and long-term goals
33	Address gaps in portfolio
34	Address gaps in portfolio