

## PE Unit Overview Year 13 BTEC

Work has continued throughout lockdown with students still on course. Assignments will be set on return in September, with course content re-capped to help and support.

Physical Education – Year 13 Btec Sport Term 1				
What are we learning?	What knowledge, understanding and skills will we gain?	What does mastery look like?	How does this build on prior learning?	What additional resources are available?
Unit 3 Explore Own Skills to Inform a Career Development Action Plan <i>Assignment AB</i>  Unit 6 Impact of Group Dynamics in Teams Sports <i>Assignment A &amp; B</i>	Knowledge Building a skills audit Employability skills SWOT analysis Planning personal development SMARTER targets Career development action plan Group processes Cohesion in effective group performance Leadership Understanding How to create a personal skills audit How to create a personal SWOT analysis How to create a personal career development action plan What makes an effective leader How does cohesion in team sports affect performance Skills Create a skills audit showing links to a specific career choice Create a SWOT analysis with a clear option as a focus Create a career development action plan for the next 10 years	Demonstrating exceptional independence on all topics, supported by independent research. Understand the importance of a skills audit and SWOT analysis and be able to make clear links to a sporting career. Create a clear career development action plan that states what qualifications are needed and how to get to the career end goal effectively. Understand the effect that team cohesion can have on a sporting performance.	Learning throughout the previous term on the specific unit will contribute to the assignments undertaken during this term. Knowledge will need to be revised and embedded ahead of assignments.	Btec Sport textbook  Online resources  Revise Edexcel GCSE (9-1) Physical Education revision guide  BBC Bitesize

Physical Education – Year 13 Btec Sport Term 2				
What are we learning?	What knowledge, understanding and skills will we gain?	What does mastery look like?	How does this build on prior learning?	What additional resources are available?
Unit 3 Job selection processes Recruitment <i>Assignment CD</i>  Unit 6 Psychological Skills Training Programmes Designed to Improve Performance <i>Assignment C</i>	Knowledge Applying for a job Personal CV Interviews Self-analysis of interview performance Psychological skills Arousal control Imagery Designing a psychological skills training programme Understanding How to write a letter of application How to approach an interview How to design an appropriate and specific skills programme How to reflect on an interview Skills Create a letter of application for a chosen career Prepare for an interview correctly including preparing for questions asked Design a psychological skills programme for a specific performer	Demonstrating exceptional independence on all topics, supported by independent research. Understand how to successfully apply for a job. Be able to prepare successfully ahead of an interview. Create a CV that reflects their own personal skills well and highlights their strengths. Create a psychological skills programme for a specific performer that allows the performer to succeed considering their own needs. Understand the benefits of the skills programme and the importance of the effect it will have on the performer.	Learning throughout the previous term on the specific unit will contribute to the assignments undertaken during this term. Knowledge will need to be revised and embedded ahead of assignments.	Btec Sport textbook  Online resources  Revise Edexcel GCSE (9-1) Physical Education revision guide  BBC Bitesize

--	--	--	--	--