


PE Department - Year 13: Cambridge Technical in Sport and Physical Activity

The aim of the second year is to cover UNIT 2 and the exam content of UNIT 3. Students will use Summer 1 to complete coursework and revise in preparation for Summer exams.						
 Shirley High Curriculum Map	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:
	Unit 3: Sports organisation and development Unit 2: Sports coaching and leadership	Unit 3: Sports organisation and development Unit 2: Sports coaching and leadership	Unit 3: Sports organisation and development Unit 2: Sports coaching and leadership	Unit 3: Sports organisation and development Unit 2: Sports coaching and leadership	Unit 3: Sports organisation and development Unit 2: Sports coaching and leadership	Unit 3: Sports organisation and development
Why now?	Unit 3 in order to prepare students for summer examinations. Unit 2 to complete practical and coursework elements in preparation for final submission in the summer.	Unit 3 in order to prepare students for summer examinations. Unit 2 to complete practical and coursework elements in preparation for final submission in the summer.	Unit 3 in order to prepare students for summer examinations. Unit 2 to complete practical and coursework elements in preparation for final submission in the summer.	Unit 3 in order to prepare students for summer examinations. Unit 2 to complete practical and coursework elements in preparation for final submission in the summer.	Unit 3 in order to prepare students for summer examinations.	
Fundamental Concepts	Understand principles which underpin coaching and leading. Be able to use methods to improve skills, techniques and tactics in sport. Understand how sport in the UK is organised	Be able to plan sports and activity sessions. Be able to prepare sports and activity environments Understand sports development	Be able to deliver sports and activity sessions Understand how the impact of sports development can be measured	Be able to plan sports and activity sessions . Be able to deliver sports and activity sessions Understand sports development in practice	Be able to review sports and activity sessions	
Students will...	<p><u>Unit 2</u></p> <p>P4: Explain how different leadership styles and personalities can support different stages of group development P5: Demonstrate methods used to improve skills, techniques and tactics in sport M1: Evaluate the importance of different attributes in supporting the principles of leadership and group dynamics M2: Evaluate the effectiveness of different methods of measuring improvement in skills, techniques and tactics</p> <p><u>Unit 3</u></p> <p>National Governing Bodies (NGBs):</p> <ul style="list-style-type: none"> The role of NGBs in overseeing and governing individual sports in the UK. How NGBs are responsible for developing rules, regulations, coaching, competitions, and athlete development pathways. Examples of NGBs for specific sports (e.g., the Football Association (FA), British Cycling, England Rugby). <p>UK Sport and Sport England:</p> <ul style="list-style-type: none"> The role of UK Sport in supporting high-performance sport, elite athletes, and governing bodies at the national level. The role of Sport England in promoting grassroots sport, community-level participation, and funding local and national sports organisations. How both UK Sport and Sport England collaborate to enhance the overall structure of sport in the UK. <p>County Sports Partnerships (CSPs):</p> <ul style="list-style-type: none"> The role of CSPs in linking local authorities, NGBs, and other stakeholders to increase participation in sport at a regional level. How CSPs work to deliver national initiatives locally, engage communities, and develop local sports clubs. 	<p><u>Unit 2</u></p> <p>P6: Establish participants' needs for sports or activity sessions P7: Plan effective sports/activity sessions which are appropriate to participants' needs and include SMART goals M3: Plan a series of progressive, inclusive sports/activity sessions based on participants' needs P8: Prepare a safe sports/activity environment appropriate to the participants involved</p> <p><u>Unit 3</u></p> <p>Definition of Sports Development:</p> <ul style="list-style-type: none"> An understanding of sports development as the process of promoting and enhancing sport at all levels, from grassroots to elite performance. The role of sports development in increasing participation, improving performance, and developing a culture of sport across communities. The different stages of the sports development continuum: participation, performance, and excellence. <p>The Sports Development Continuum:</p> <ul style="list-style-type: none"> Participation: Encouraging and providing opportunities for people to get involved in sport, regardless of age, background, or ability. Performance: Supporting athletes who wish to improve their skills and progress in sport through structured coaching, competitions, and development programmes. Excellence: Nurturing elite athletes through advanced training, resources, and support to help them reach the highest level of competition. <p>Sports Development Models:</p> <ul style="list-style-type: none"> Different models of sports development that are used to structure and deliver sporting opportunities. 	<p><u>Unit 2</u></p> <p>P9: Deliver warm-ups appropriate to the activities taking place in sports/activity sessions P10: Deliver sports/activity sessions using effective communication and motivation techniques P11: Bring sports/activity sessions to an appropriate, planned conclusion offering and obtaining feedback to/from the participants involved D2: Deliver a series of sports/activity sessions where the participants progression and needs are continuously evaluated and sessions P10: Deliver sports/activity sessions are adapted accordingly</p> <p><u>Unit 3</u></p> <p>Key Performance Indicators (KPIs):</p> <ul style="list-style-type: none"> The use of KPIs to measure the success of sports development programmes and initiatives. Examples of KPIs in sports development, such as the number of participants, frequency of participation, and the growth in specific demographics (e.g., underrepresented groups). How these indicators are used to track progress against objectives and outcomes. <p>Participant Numbers and Growth:</p> <ul style="list-style-type: none"> Measuring the increase or decrease in the number of participants at different levels (e.g., grassroots, recreational, competitive). Understanding how to track participation trends over time and identify areas where growth has occurred. The role of registration data, surveys, and monitoring systems in gathering accurate data on participation. <p>Retention and Dropout Rates:</p> <ul style="list-style-type: none"> The importance of measuring retention rates, i.e., how many participants continue to take part in sport over a period of time. Identifying the reasons for dropout 	<p><u>Unit 2</u></p> <p>D1: Explain how a plan for a series of sports/activity sessions might need to be adapted based on participants' rate of improvement over time M4: Explain how participants' safety was maintained throughout sports/activity sessions. P12: Evaluate the delivery of a sports/activity session compared to the plan and using the feedback obtained from participants</p> <p><u>Unit 3</u></p> <p>Implementation of Sports Development Plans:</p> <ul style="list-style-type: none"> How to design and implement sports development plans that promote participation, improve performance, and create pathways for athletes at all levels. The importance of setting clear objectives, targets, and actions in sports development plans to ensure that goals are met. How to involve stakeholders (e.g., governing bodies, coaches, local authorities) in the planning and delivery process. <p>Delivery of Community Sports Programmes:</p> <ul style="list-style-type: none"> The practical aspects of delivering sports programmes within communities to increase participation and engage diverse groups. Understanding how community sports programmes are tailored to the needs of specific populations (e.g., young people, older adults, women, ethnic minorities). The role of local organisations, clubs, and schools in facilitating and supporting these community initiatives. <p>Creating Pathways for Talent Development:</p> <ul style="list-style-type: none"> How talent identification schemes work in practice, and the methods used to scout and develop young athletes for progression to higher levels of competition. 	<p>M5: Suggest changes to future sports/activity sessions with justifications</p> <p><u>Unit 3</u></p> <p>Revision and exam practice in preparation for summer exam.</p>	

<ul style="list-style-type: none"> The importance of CSPs in creating inclusive, accessible opportunities for sport in local communities. <p>Local Authorities and Leisure Services:</p> <ul style="list-style-type: none"> The role of local authorities in providing access to sports facilities and services for the public. How local authorities are involved in funding, managing, and developing leisure centres, community sports clubs, and events. The impact of local government policies on sport and physical activity within communities. <p>The Role of Schools and Colleges in Sport:</p> <ul style="list-style-type: none"> How schools and colleges contribute to the development of young athletes through physical education (PE), extracurricular activities, and school sports competitions. The importance of providing opportunities for all students to participate in sport, from recreational to competitive levels. The role of school sports partnerships and the government's Youth Sport Trust in increasing participation. <p>The Role of Professional Sport and Commercial Organisations:</p> <ul style="list-style-type: none"> How professional sports clubs and athletes contribute to the development of sport in the UK. The impact of commercial organisations, sponsorship, and media in promoting and funding sports. The relationship between commercialism and sport in terms of sponsorship deals, media coverage, and consumer goods. <p>Funding in Sport:</p> <ul style="list-style-type: none"> Different sources of funding for sport in the UK, including government funding, sponsorship, ticket sales, membership fees, and grants. How funding is distributed by bodies such as Sport England, UK Sport, and local authorities to support sports development at all levels. The role of lottery funding in supporting grassroots sports and elite athlete development. <p>Sport Policy and Legislation:</p> <ul style="list-style-type: none"> The impact of national policies (such as Sport England's strategy and UK Sport's high-performance funding model) on the organisation and delivery of sport. 	<ul style="list-style-type: none"> Examples include The Long Term Athlete Development (LTAD) model and The Sport England Participation Continuum. How these models help to ensure that athletes progress from early participation to elite performance through age-appropriate pathways. <p>The Role of National Governing Bodies (NGBs) in Sports Development:</p> <ul style="list-style-type: none"> How NGBs design and implement strategies for sports development within their sport. The importance of NGBs in promoting talent identification, coaching pathways, competition structures, and developing policies to increase participation and performance. <p>Government and Sport Policy:</p> <ul style="list-style-type: none"> The role of government in sports development, including the development of national strategies and policies aimed at increasing participation and improving performance (e.g., Sport England's strategy, Sport for All). The impact of government funding (e.g., National Lottery funding) on sports development initiatives and programmes. The integration of sports development goals with wider public health and social inclusion agendas. <p>The Role of Local Authorities in Sports Development:</p> <ul style="list-style-type: none"> How local authorities contribute to sports development by providing facilities, funding, and community programmes to promote physical activity and sport. The importance of local sports development officers and community programmes in engaging local populations in sport and physical activity. <p>Key Factors Influencing Sports Development:</p> <ul style="list-style-type: none"> The role of socio-economic factors, such as funding, access to facilities, and community support, in the development of sport. The importance of promoting equality and inclusion in sports development, ensuring opportunities for all individuals regardless of gender, disability, age, or ethnic background. How demographic factors (e.g., age, social class) can influence levels of participation and the 	<p>or disengagement, and understanding how to address these barriers to improve long-term participation.</p> <ul style="list-style-type: none"> Methods to track retention and identify patterns in participant engagement (e.g., through feedback forms, exit interviews). <p>Impact on Performance Levels:</p> <ul style="list-style-type: none"> How the improvement in athlete performance is used as a measure of the effectiveness of development programmes (e.g., improvement in skill levels, rankings, competition results). Monitoring the progression of athletes through the performance pathway from grassroots to elite levels. Assessing the development of talent and the success of athlete progression through coaching, training, and competition. <p>Quality of Coaching and Leadership:</p> <ul style="list-style-type: none"> Measuring the effectiveness of coaching in sports development through participant feedback, coach evaluations, and the attainment of coaching qualifications. Assessing the impact of coaches in developing athletes and improving performance at all levels. Monitoring the number and quality of volunteers and leaders involved in sports development programmes. <p>Social and Community Impact:</p> <ul style="list-style-type: none"> Evaluating the social outcomes of sports development, such as community cohesion, inclusivity, and social integration through sport. The role of sport in improving mental and physical well-being, and measuring these impacts through surveys, health data, and participant testimonies. Assessing the impact of sports development on social mobility, education, and reducing inequalities in society. <p>Economic Impact:</p> <ul style="list-style-type: none"> Measuring the financial impact of sports development, including the costs and benefits of investing in local and national sport programmes. Assessing the economic return on investment, such as increased participation leading to greater demand for facilities, coaching, and equipment. The role of sports development in creating job opportunities, 	<ul style="list-style-type: none"> The role of sports clubs, schools, and NGBs in creating clear, structured pathways for athletes from grassroots participation to elite performance. The importance of providing appropriate coaching, competition, and support to athletes at different stages of their development. <p>Coaching and Athlete Development in Practice:</p> <ul style="list-style-type: none"> The practical application of coaching techniques to develop athletes' skills, knowledge, and physical capabilities. How coaches use development frameworks (e.g., Long-Term Athlete Development (LTAD)) to monitor and guide an athlete's progress from childhood through to adulthood. The role of coaches in creating personalised training plans that focus on improving technique, strength, endurance, and mental resilience. <p>Inclusion and Diversity in Sports Development:</p> <ul style="list-style-type: none"> How to ensure that sports development initiatives are inclusive and accessible to people of all backgrounds, abilities, and identities. Understanding how to design sports programmes that cater to diverse groups (e.g., people with disabilities, minority ethnic groups, women) and promote equality. Practical examples of programmes that successfully encourage participation from underrepresented groups in sport. <p>Partnership Working in Sports Development:</p> <ul style="list-style-type: none"> The importance of collaborative partnerships between different organisations (e.g., schools, clubs, NGBs, local authorities, community groups) in the delivery of sports development initiatives. Understanding how partnerships can enhance resource sharing, programme delivery, and access to facilities, thereby improving the effectiveness of sports development. The practical challenges of working with multiple stakeholders and how to manage relationships between different groups involved in sports development. <p>Evaluating Sports Development Programmes:</p> <ul style="list-style-type: none"> How to assess the effectiveness of sports development programmes through regular evaluations. 		
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<ul style="list-style-type: none"> The role of legislation in promoting equality, diversity, and inclusion in sport (e.g., the Equality Act 2010, safeguarding policies). Key government initiatives aimed at increasing sport participation and improving public health (e.g., the Sporting Future strategy). <p>The Role of Volunteers in Sport:</p> <ul style="list-style-type: none"> How volunteers contribute to the delivery of sport in the UK, including coaching, officiating, event organisation, and administration. The importance of volunteer recruitment, training, and retention in ensuring the sustainability of grassroots sport. The role of volunteering in increasing access to sport and promoting community engagement. <p>Talent Identification and Development Pathways:</p> <ul style="list-style-type: none"> How sport in the UK identifies and nurtures young talent through initiatives such as the Talented Athlete Scholarship Scheme (TASS). The role of academies, clubs, and schools in providing a structured development pathway for athletes to progress from grassroots to elite levels. The collaboration between NGBs, UK Sport, and local sports organisations to ensure that athletes receive the necessary support, coaching, and resources to develop. 	<p>provision of sporting opportunities.</p> <p>Talent Identification and Pathways:</p> <ul style="list-style-type: none"> The process of identifying talented athletes at a young age and providing the appropriate support to nurture their development. The role of programmes such as The Talent Pathway and The UK Sports Institute in supporting athletes to progress from grassroots sport to elite levels. The collaboration between schools, clubs, academies, and NGBs in creating clear pathways for talent development. <p>Coaching and Coaching Development:</p> <ul style="list-style-type: none"> The importance of qualified coaches in sports development and how coaching pathways help individuals to progress through the sport development continuum. How coaching qualifications, training, and continuous professional development (CPD) are key to ensuring the quality of sports development at all levels. The relationship between coaches and athletes in fostering long-term athletic development. <p>Barriers to Participation and Development:</p> <ul style="list-style-type: none"> Understanding the barriers that may limit or prevent participation in sport, including financial constraints, lack of access to facilities, social factors, and time commitments. Strategies to overcome these barriers, such as providing subsidised or free access to sports facilities, promoting community-based programmes, and developing targeted initiatives for underrepresented groups. <p>The Role of Volunteering in Sports Development:</p> <ul style="list-style-type: none"> The role of volunteers in sports development, including coaching, officiating, event organisation, and administration. How volunteering supports the sustainability of sports programmes and contributes to community engagement. The importance of training and supporting volunteers to ensure the delivery of quality sports opportunities. <p>Measuring the Success of Sports Development:</p>	<p>generating revenue for local businesses, and boosting the economy through events and tourism.</p> <p>Facility Utilisation and Accessibility:</p> <ul style="list-style-type: none"> Tracking how sports facilities are used, including the number of bookings, frequency of use, and the accessibility of facilities for different groups (e.g., disabled people, women, ethnic minorities). Measuring the impact of facility improvements and the expansion of sports infrastructure on participation rates. Ensuring that facilities are inclusive, well-maintained, and accessible for all members of the community. <p>Inclusive Sport and Diversity:</p> <ul style="list-style-type: none"> The measurement of progress in making sport more inclusive for all, including underrepresented groups such as women, disabled people, and ethnic minorities. Assessing how effectively sports development initiatives promote diversity and reduce barriers to participation. Monitoring the creation and success of initiatives aimed at increasing the representation of diverse groups in sport. <p>Success in Talent Identification and Development:</p> <ul style="list-style-type: none"> Measuring the effectiveness of talent identification programmes and athlete development pathways. Monitoring the progression of identified talent through structured coaching, competitions, and training programmes. The success rate of athletes in reaching elite levels and achieving significant success in national or international competitions. <p>Feedback and Participant Satisfaction:</p> <ul style="list-style-type: none"> Collecting feedback from participants through surveys, focus groups, and interviews to assess their satisfaction with sports development programmes. Understanding participant needs, preferences, and suggestions for improving the quality of programmes. Using feedback to adapt and enhance sports development strategies, ensuring that they meet the needs of the target audience. <p>Impact on Health and Well-Being:</p>	<ul style="list-style-type: none"> The methods of collecting data (e.g., participant feedback, surveys, performance outcomes) to evaluate the success of a programme. Using evaluation results to improve future delivery and make adjustments to sports development strategies based on findings. <p>Sustaining Participation in Sport:</p> <ul style="list-style-type: none"> Practical strategies to ensure that participants remain engaged in sport over the long term, particularly at the grassroots level. The role of fun, social interaction, and community engagement in retaining participants. How to address drop-out rates and encourage continued participation by providing ongoing support and progression opportunities for athletes. <p>Promotion and Marketing of Sports Programmes:</p> <ul style="list-style-type: none"> How to use marketing techniques to promote sports development programmes and encourage participation. The use of digital media, social media, and traditional marketing methods to raise awareness of sports programmes and events. The role of branding, messaging, and targeted campaigns in attracting new participants and retaining existing ones. <p>Adapting Sports Programmes to Changing Needs:</p> <ul style="list-style-type: none"> How to respond to changes in community needs, trends in sport, and evolving participant preferences by adapting sports programmes. Understanding the need for flexibility in sports development to accommodate changes in demographic factors, emerging sports, and socio-cultural shifts. The importance of conducting regular needs assessments to stay relevant and ensure that sports programmes are aligned with current demands. <p>Resource Management in Sports Development:</p> <ul style="list-style-type: none"> How to effectively manage resources (e.g., funding, personnel, equipment) to ensure the successful delivery of sports development initiatives. The role of financial planning, budgeting, and resource allocation in sports programme delivery. Understanding the challenges in managing limited 		
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	governance; Health promotion; Social inclusion; Equality and diversity in sport; Monitoring and evaluation; Impact assessment; Legacy planning; Event management; Sponsorship and commercial partnerships; Media relations in sport; Anti-doping regulations; Safeguarding policies; Disability inclusion strategies; Women's sport development; Coaching education; Athlete welfare; Performance metrics; Athlete representation; Intellectual property in sport; Broadcasting rights; Digital media in sport.	governance; Health promotion; Social inclusion; Equality and diversity in sport; Monitoring and evaluation; Impact assessment; Legacy planning; Event management; Sponsorship and commercial partnerships; Media relations in sport; Anti-doping regulations; Safeguarding policies; Disability inclusion strategies; Women's sport development; Coaching education; Athlete welfare; Performance metrics; Athlete representation; Intellectual property in sport; Broadcasting rights; Digital media in sport.	governance; Health promotion; Social inclusion; Equality and diversity in sport; Monitoring and evaluation; Impact assessment; Legacy planning; Event management; Sponsorship and commercial partnerships; Media relations in sport; Anti-doping regulations; Safeguarding policies; Disability inclusion strategies; Women's sport development; Coaching education; Athlete welfare; Performance metrics; Athlete representation; Intellectual property in sport; Broadcasting rights; Digital media in sport.	governance; Health promotion; Social inclusion; Equality and diversity in sport; Monitoring and evaluation; Impact assessment; Legacy planning; Event management; Sponsorship and commercial partnerships; Media relations in sport; Anti-doping regulations; Safeguarding policies; Disability inclusion strategies; Women's sport development; Coaching education; Athlete welfare; Performance metrics; Athlete representation; Intellectual property in sport; Broadcasting rights; Digital media in sport.	governance; Health promotion; Social inclusion; Equality and diversity in sport; Monitoring and evaluation; Impact assessment; Legacy planning; Event management; Sponsorship and commercial partnerships; Media relations in sport; Anti-doping regulations; Safeguarding policies; Disability inclusion strategies; Women's sport development; Coaching education; Athlete welfare; Performance metrics; Athlete representation; Intellectual property in sport; Broadcasting rights; Digital media in sport.	
Extended writing Opportunities	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions
Maths Across the Curriculum	Calculations in exam units and the use of data through coursework units.	Calculations in exam units and the use of data through coursework units.	Calculations in exam units and the use of data through coursework units.	Calculations in exam units and the use of data through coursework units.	Calculations in exam units and the use of data through coursework units.	Calculations in exam units and the use of data through coursework units.
Links to careers/ aspirations	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.
Cultural Capital extra-curricular and trips	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship.	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship.	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship.	Join clubs in the community; watch live/recorded routines. Promote benefits of teamwork; building positive relationships Promote and develop etiquette and sportsmanship.	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship.	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship.
Practical Application of Skills	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situation	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situations