

Sport Faculty

YEAR 13 BTEC Advanced Diploma in Sport (Outdoor Education)

Autumn Term

Unit 13 Leadership in Sport

Students will develop their understanding of the characteristics, qualities and skills required to be an effective leader. They will compare and contrast two sports coaches as leaders and highlight what their strengths and weaknesses are. Then they will plan and lead an activity session and tournament assessing how effective they are suggesting ways in which they could improve next time.

Students will also look at different types of exercise and then develop programmes to develop individual's fitnesses for two clients. They will assess the effectiveness of these programmes and lead one activity session

Unit 33: Skills for land-based outdoor and adventurous activities

Students will demonstrate skills and techniques in 2 different land-based activities and independently demonstrate these advanced skills and techniques. They will describe, compare and contrast different land-based outdoor and adventurous activities.

They will carry out risk assessments on the activities they take part in at the lakes and will also create 2 of their own. Students will also describe, compare and contrast and evaluate the skills used for 2 different land-based activities.

Students will review their own performance in the demonstration of skills and techniques in land-based activities.

Spring Term

Unit 13 Leadership in Sport

Students will develop their understanding of the characteristics, qualities and skills required to be an effective leader. They will compare and contrast two sports coaches as leaders and highlight what their strengths and weaknesses are. Then they will plan and lead an activity session and tournament assessing how effective they are suggesting ways in

Unit 38: Alternative Pursuits in Outdoor Adventure.

Students will demonstrate skills and techniques in 2 different alternative pursuits and independently demonstrate these advanced skills and techniques. They will also review their own performance in the demonstration of skills and techniques across different alternative pursuits.

Students will describe, compare and contrast different alternative pursuits. They will also look into the different effects that the environment and

<p>which they could improve next time.</p> <p>Students will also look at different types of exercise and then develop programmes to develop individual's fitnesses for two clients. They will assess the effectiveness of these programmes and lead one activity session</p>	<p>equipment have on the participation in alternative pursuits and will look into the influences on participation.</p> <p>Students will look into the health and safety considerations relating to participation in 4 different alternative pursuits – they will be asked to describe and explain them. They will also carry out on-going risk assessments throughout this month for all the activities they participate in.</p>
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Summer Term

<p>Unit 35: Leading land-based Outdoor and Adventurous activities</p>	<p>Unit 36: Leading water-based Outdoor and Adventurous activities.</p>
<p>Students will describe, explain and analyse the roles and responsibilities of leaders in land-based outdoor and adventurous activities. Students will also begin to look into planning for leading a selected land-based outdoor and adventurous activity.</p> <p>Students will independently lead a selected land-based outdoor and adventurous activity. More able students will apply appropriate advanced leadership and coaching skills. After leading the session, students will review their own leadership skills and identify strengths and areas for improvement.</p>	<p>Students will describe, explain and analyse the roles and responsibilities of leaders in water-based outdoor and adventurous activities. Students will also begin to look into planning for leading a selected water-based outdoor and adventurous activity.</p> <p>Students will independently lead a selected water-based outdoor and adventurous activity. More able students will apply appropriate advanced leadership and coaching skills. After leading the session, students will review their own leadership skills and identify strengths and areas for improvement.</p>