

# Next generation BTEC First Diploma in Sport (NQF)\* Sample One Year Delivery Plan

Clear unit planning and understanding of key deadlines are essential for a successful delivery programme.

We have produced a sample delivery plan showing how the next generation **BTEC First Diploma in Sport (NQF)** could be delivered over one year, highlighting assessment milestones and indicating where you can co-teach units.

**The plan is intended to be used as guidance.**

**Key**

**R** = Revision for external assessment

**SM** = Summative assessment

**WEP** = Work Experience Placement

The externally set units are delivered in the first two terms to allow for more resit opportunities if required. The external assessments are on demand so learners can be entered as and when appropriate. Results are provided in a 4 week time frame after which time a learner can enter for a re-sit. There are no limits to how many times a learner can re-sit the external assessment until certification is claimed.

**Units 1, 5 and 15** can be co-taught in the first term - content from **unit 1** and **5** provides the underpinning knowledge for **unit 15**. The application of the **unit 1** content in **5** and **unit 15** will further help prepare learners for the unit 1 external assessment.

**Unit 14** is taught in the second and third term so that learners can have the first term to study a range of different units and then from this consider what topic they want to cover in their project.

**Unit 24** is taught in the third term as this is the term that many FE centres plan for learners to go on work experience placements. A week off timetable for the placement has been built into this plan.

**Unit 11** is covered in the last term as this is usually the term when end of year events are run.

**Unit 6** can be co-taught with an additional sports leader qualification which is popular in many FE centres.

## TERM 1 September to December (see page 2 for Terms 2 and 3)

Unit	Unit Title	Guided Learning Hours (GLH)	Asst Method	01/09/2014	08/09/2014	15/09/2014	22/09/2014	29/09/2014	06/10/2014	13/10/2014	20/10/2014	27/10/2014	03/11/2014	10/11/2014	17/11/2014	24/11/2014	01/12/2014	08/12/2014	15/12/2014	22/12/2014	29/12/2014	
1	Fitness for sport and Exercise	30	Ext																	Ext		
2	Practical Sports Performance	30	Int																			
14	Carrying out a Sports-related Project	60	Int																			
3	The Mind and Sports Performance	30	Int																			
4	The Sports Performer in Action	30	Int						SA				SA							SA		
5	Training for Personal Fitness	30	Int					SA						SA					SA			
7	Anatomy and Physiology for Sports Performance	30	Ext												SA							
15	Designing Exercise Programmes	60	Int				SA						SA								SA	
24	Work Experience in Sport	60	Int																			
6	Leading Sports Activities	30	Int									SA								SA	SA	
9	Lifestyle and Well-being	30	Int																			
10	Injury and the Sports Performer	30	Int																			
11	Running a Sports Event	30	Int																			
	Hours	480																				
	Week			1	2	3	4	5	6	7		8	9	10	11	12	13	14	15			

Half-Term

Holidays

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				TERM 2 January to March (see page 1 for Term 1)												TERM 3 April to June (see page 1 for Term 1)																		
Unit	Unit Title	Guided Learning Hours (GLH)	Asst Method	05/01/2015	12/01/2015	19/01/2015	26/01/2015	02/02/2015	09/02/2015	16/02/2015	23/02/2015	02/03/2015	09/03/2015	16/03/2015	23/03/2015	30/03/2015	06/04/2015	13/04/2015	20/04/2015	27/04/2015	04/05/2015	11/05/2015	18/05/2015	25/05/2015	01/06/2015	08/06/2015	15/06/2015	22/06/2015	29/06/2015					
1	Fitness for sport and Exercise	30	Ext							Half-Term							Holidays											Half-Term						
2	Practical Sports Performance	30	Int					SA							SA																			
14	Carrying out a Sports-related Project	60	Int					SA								SA																	SA	
3	The Mind and Sports Performance	30	Int																															
4	The Sports Performer in Action	30	Int																															
5	Training for Personal Fitness	30	Int																															
7	Anatomy and Physiology for Sports Performance	30	Ext													EXT																		
15	Designing Exercise Programmes	60	Int																															
24	Work Experience in Sport	60	Int																											WEP			SA	
6	Leading Sports Activities	30	Int																															
9	Lifestyle and Well-being	30	Int																															
10	Injury and the Sports Performer	30	Int																	SA									SA			SA		
11	Running a Sports Event	30	Int																					SA								SA		
	Hours	480*																																
	Week			16	17	18	19	20	21			22	23	24	25	26		27		28	29	30	31	32		33	34		35	36	37			

\* 480 GLH - 15 hours x 32 weeks for delivery and assessment (approximation)