

Year 10 BTEC Sport

Knowledge Overview	Topic 1 (4 weeks)	Topic 2 (3 weeks)	Topic 3 (8 weeks)	Topic 4 (5 weeks)	Topic 5 (2 weeks)	Topic 6 (3 weeks)	Topic 7 (4 weeks)	Topic 8 (6 weeks)	Topic 9 (5 weeks)
	Unit 2 Aim A- 12GLH Understand the rules, regulations and scoring systems	Unit 1 Components of fitness	Unit 2 Aim B 24 GLH Demonstrate skills, techniques, Tactics	Unit 2 Aim C 15 GLH Review sports performance	Unit 1 6 GLH Exercise Intensity	Unit 1 9 GLH Fitness Testing	Unit 6 12 GLH Know the attributes associated with successful sport leadership	Unit 6 18GLH Planning and leading sport activities	Unit 6 15 GLH Reviewing, planning and leading sport activities
Skills Overview	Topic 1 (4 weeks)	Topic 2 (3 weeks)	Topic 3 (8 weeks)	Topic 4 (5 weeks)	Topic 5 (2 weeks)	Topic 6 (3 weeks)	Topic 7 (4 weeks)	Topic 8 (6 weeks)	Topic 9 (5 weeks)
	L2P L2D	L2P L2D	L2P L2D	L2P L2D	L2P L2D	L2P L2D	L2P L2D	L2P L2D	L2P L2D
Grammar Overview	Rules and Regulations	Components of Fitness	Demonstrate skills, techniques and tactics	Review sports performance	Exercise Intensity	Fitness testing	Know the attributes associated with successful sport leadership	Planning and leading sport activities	Reviewing, planning and leading sport activities
New grammatical knowledge/skills	Introduce key terminology and definitions. Apply knowledge to a sporting context.	Introduce key terminology and definitions. Apply knowledge to a sporting context.	Introduce key terminology and definitions. Apply knowledge to a sport performance.	Introduce key terminology and definitions. Apply knowledge to their or a sport performance.	Introduce key terminology and definitions. Apply knowledge to a sporting context.	Introduce key terminology and definitions. Apply knowledge to a sporting context.	Introduce key terminology and definitions. Apply knowledge to sports leadership.	Introduce key terminology and definitions. Apply knowledge to their delivery.	Introduce key terminology and definitions. Apply knowledge to their performance.
Practical Overview	NA	NA	Football/ Netball/ Table Tennis	NA	NA	Fitness testing	NA	Sport leadership	NA
Skill Development	NA	NA	Demonstrate relevant skills, techniques and tactics in two selected sports in conditioned and competitive practices.	NA	NA	Knowledge and understanding of fitness test procedures. Gain and review data.	NA	Demonstration of attributes e.g. skills / completion of core responsibilities.	NA

Year 10 BTEC Sport key

Grammar

All pupils will develop a range of key terminology and definitions and be able to apply them to a sporting context.

As a 'IN & ON' activity will include recalling information to monitor knowledge and retention of key words, definitions and application. This will assist and focus on a range of coursework and exam skills by applying knowledge to specific sporting context.

Skills Overview

L2P: Learners will be able to recall and apply knowledge in familiar situations including constructed training sessions, to demonstrate basic principles of training. They will have a sound understanding of key terms, processes, equipment and technologies, related to sport, training and physical and skill-related fitness. They are able to interpret information about fitness, sports performance and training regimes in order to select and apply knowledge of principles using sports training. Learners are able to define and communicate key aspects of health, fitness, training and sports performance, selecting appropriate actions in more simple and familiar contexts. They are able to relate knowledge to vocationally realistic, situation, making some decisions on valid applications and impact. They are able to relate knowledge to vocationally realistic situations, making some decisions on valid applications and impact. They are able to relate use of terminology and concepts to a specific audience and purpose.

L2D: Learners will be able to synthesise knowledge of sport, training and physical and skill-related fitness, bringing together understanding of training methods, techniques and concepts and applying them to contexts. Learners will also be able to apply advance training techniques to achieve specific fitness outcomes. They will show depth of knowledge and development of understanding in different situations, being able to make effective judgement based on analysis of given information about fitness, techniques their uses and their impact on health and fitness targets. Learners will be able to analyse data and information on sporting techniques, practices, fitness tests and select appropriate concept and make recommendations. They will be able to make judgements about the consequences of effective and ineffective application of techniques, and make recommendations on solutions, controls, plans and future actions. Learners will be able to compare training methods and approaches, such as the application of principles of training to different regimes and given exercise defined criteria.

Knowledge Overview

Unit 1: Fitness for Sport and Exercise Learning Aims

A - Know about the components of fitness and the principles of training

B - Explore different fitness training methods

C - Investigate fitness testing to determine fitness levels.

Unit 3: Applying the principles of personal training Learning Aims

A - Design a personal fitness training programme.

B - Know about the musculoskeletal system and cardiorespiratory system

and the effects on the body during fitness training

C - Implement a self-designed personal fitness programme to achieve own goals and objectives

D - Review a personal fitness training programme.

Unit 2: Practical Performance in Sport Learning Aims

A - Understand the rules, regulations and scoring systems for selected sports.

B - Practically demonstrates skills, techniques and tactics in selected sports.

C - Be able to Review sports performance

Unit 6: Leading Sports Activities Learning Aims

A - Know the attributes associated with successful sports leadership

B - Undertake the planning and leading of sports activities

C - Review the planning and leading of sports activities.

Year 11 BTEC Sport

Knowledge Overview	Topic 1 (4 weeks)	Topic 2 (3 weeks)	Topic 3 (4 weeks)	Topic 4 (3 weeks)	Topic 5 (6 weeks)	Topic 6 (5 weeks)	Topic 7 (3 weeks)
	Unit 1 12 GLH Methods of Training	Unit 1 9 GLH Principles of training	Unit 3 Aim A 12 GLH Design a personal fitness programme	Unit 3 Aim B 9 GLH Musculoskeletal and cardiorespiratory system	Unit 3 Aim C 18 GLH Implement personal fitness programme	Unit 3 Aim D 15 GLH Review personal fitness programme	Unit 1 Revision
Skills Overview	Topic 1 (4 weeks)	Topic 2 (3 weeks)	Topic 3 (4 weeks)	Topic 4 (3 weeks)	Topic 5 (6 weeks)	Topic 6 (5 weeks)	Topic 7 (3 weeks)
	L2P L2D	L2P L2D	L2P L2D	L2P L2D	L2P L2D	L2P L2D	L2P L2D
Grammar Overview	Methods of Training	Components of Fitness	Design a personal fitness programme	Musculoskeletal and cardiorespiratory system	Implement personal fitness programme	Fitness testing	Exam Preparation
New grammatical knowledge/skills	Introduce key terminology and definitions. Apply knowledge to a sporting context.	Introduce key terminology and definitions. Apply knowledge to a sporting context.	Introduce key terminology and definitions. Apply knowledge to their fitness programme.	Introduce key terminology and definitions. Apply knowledge to their or a sport performance.	Introduce key terminology and definitions. Apply knowledge to their fitness programme.	Introduce key terminology and definitions. Apply knowledge to their performance.	RECAP key terminology and definitions. Apply knowledge to a sporting context.
Practical Overview	Training Methods	Principles of training	NA	NA	Fitness programme	Fitness testing	NA
Skill Development	Knowledge and understand of different methods of training and how they can be applied to various components of fitness.	Applying principles to an exercise session.	NA	NA	Carry out a personal fitness programme based on their personal goals.	Knowledge and understanding of fitness test procedures. Gain and review data.	NA

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