

## Curriculum Overview – BTEC Sport

Y10	
	<b>Component 1: Preparing participants to take part in sport and physical activity.</b>
Term 1	<p>A: Explore types and provision of sport and physical activity for different types of participant            A1: Types and providers of sport and physical activities.            A2: Types and needs of sport and physical activity participants            A3: Barriers to participation in sport and physical activity for different types of participant            A4: Methods to address barriers to participation in sport and physical activity for different types of participant            B: Examine equipment and technology required for participants to use when taking part in sport and physical activity            B1: Different types of sports clothing and equipment required for participation in sport and physical activity            B2: Different types of technology and their benefits to improve sport and physical activity participation and performance            B3: The limitations of using technology in sport and physical activity            C: Be able to prepare participants to take part in sport and physical activity            C1: Planning a warm-up            C2: Adapting a warm-up for different categories of participants and different types of physical activities            C3: Delivering a warm-up to prepare participants for physical activity</p>
Term 2	<p>C: Be able to prepare participants to take part in sport and physical activity            C1: Planning a warm-up            C2: Adapting a warm-up for different categories of participants and different types of physical activities            C3: Delivering a warm-up to prepare participants for physical activity            Assessment</p>
	<b>Component 2: Taking part and improving other participants performance.</b>
Term 3	<p>A: Understand how different components of fitness are used in different physical activities            A1: Components of physical fitness            A2: Components of skill-related fitness</p>
Term 4	<p>B: Be able to participate in sport and understand the roles and responsibilities of officials            B1: Techniques, strategies and fitness required for different sports            B2: Officials in sport            B3: Rules and regulations in sports</p>
Term 5	<p>C: Demonstrate ways to improve participants sporting techniques            C1: Planning drills and conditioned practices to develop participants' sporting skills            C2: Drills to improve sporting performance  <b>*Assessment*</b></p>
	<b>Component 3: Developing fitness to improve other participant performance in sport and physical activity.</b>
Term 6	<p>A: Explore the importance of fitness for sports performance            A1: The importance of fitness for successful participation in sport            A2: Fitness training principles            A3: Exercise intensity and how it can be determined</p>

Y11	
	<b>Component 3: Developing fitness to improve other participant performance in sport and physical activity</b>
Term 1	A: Explore the importance of fitness for sports performance A1: The importance of fitness for successful participation in sport A2: Fitness training principles A3: Exercise intensity and how it can be determined B: Investigate fitness testing to determine fitness levels B1 Importance of fitness testing and requirements for administration of each fitness test B2: Fitness test methods for components of physical fitness B3: Fitness test methods for components of skill-related fitness B4: Interpretation of fitness test results
Term 2	C: Investigate different fitness training methods C1: Requirements for each of the following fitness training methods C2: Fitness training methods for physical components of fitness C3: Fitness training methods for skill-related components of fitness C4: Additional requirements for each of the fitness training methods C5: Provision for taking part in fitness training methods C6: The effects of long-term fitness training on the body systems
Term 3	D: Investigate fitness programming to improve fitness and sports performance D1: Personal information to aid training fitness programme design D2: Fitness programme design D3: Motivational techniques for fitness programming Assessment
Term 4	A: Explore the importance of fitness for sports performance A1: The importance of fitness for successful participation in sport A2: Fitness training principles A3: Exercise intensity and how it can be determined B: Investigate fitness testing to determine fitness levels B1: Importance of fitness testing and requirements for administration of each fitness test B2: Fitness test methods for components of physical fitness B3: Fitness test methods for components of skill-related fitness B4: Interpretation of fitness test results
Term 5	C: Investigate different fitness training methods C1: Requirements for each of the following fitness training methods C2: Fitness training methods for physical components of fitness C3: Fitness training methods for skill-related components of fitness C4: Additional requirements for each of the fitness training methods C5: Provision for taking part in fitness training methods C6: The effects of long-term fitness training on the body systems
Term 6	D: Investigate fitness programming to improve fitness and sports performance D1: Personal information to aid training fitness programme design D2: Fitness programme design D3: Motivational techniques for fitness programming <b>*Assessment Resit*</b>