



Key stage 4 BTEC Sport

Becoming more skilful in sport takes time and focus, pupils will have lots of opportunity to participate in sport and develop their performance. Pupils will improve their skills and techniques and will reflect on their performance, thinking about strengths and areas for improvement. This will help them to make plans to improve their performance. This unit (playing sport) will develop your knowledge and understanding of the skills and techniques needed to be successful in sports. The transferable and sector skills you develop in this unit can enable you to progress to further learning.

Key Stage 4	AUTUMN	SPRING	SUMMER
Group 5,6,7	LO1 Know the functions of the skeletal and muscular systems	LO2 Know the functions of the cardiorespiratory systems LO3 Know the requirements of a healthy diet.	Unit 6: Taking Part in Exercise and Fitness Activities. <ul style="list-style-type: none"> • Know about different exercise and fitness activities • Be able to demonstrate work skills through participation in exercise and fitness activities
Example of Tasks	1.1 Identify the structure and functions of the skeleton 1.2 Identify the structure and functions of the muscular system	2.1 Identify the structure and functions of the heart. 2.2 Identify the structure and functions of the lungs 3.1 Identify the different nutrients for a healthy diet	Actively participate in exercise and fitness activities and demonstrate: <ul style="list-style-type: none"> • Time-management skills. • Appropriate dress for the activity. • Following instructions provided by the activity leader.

		3.2 Identify functions of each nutrient for a healthy diet	<ul style="list-style-type: none">• following health and safety guidelines before, during and after activities.
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