

# BTEC Sport Curriculum Map

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit 1 Unit 7	1 - Skeletal system	1 - Muscular system Respiratory system	1 - Cardiovascular system	1 - Energy	1 - Revision and exam	7 – NGB rules & regs
<b>Year 12</b>	1: Structure of skeletal system 2: Function of skeletal system 3: Joints 4: Responses of the skeletal system to a single sport or exercise session 5: Adaptations of the skeletal system to exercise 6: Additional factors affecting the skeletal system	1: Characteristics and functions of different types of muscle 2: Major skeletal muscles 3: Antagonistic muscle pairs 4: Types of muscle contraction 5: Fibre types 6: Responses of the muscular system to a single exercise session 7: Adaptations of the muscular system to exercise 8: Additional factors affecting the muscular system  1: Structure of the respiratory system 2: Function 3: Lung volumes 4: Control of breathing 5: Responses of the respiratory system to a single exercise session 6: Adaptations of the respiratory system to exercise 7: Additional factors affecting the respiratory system	1: Structure of the cardiovascular system 2: Function of the cardiovascular system 3: Nervous control of the cardiac cycle 4: Responses of the cardiovascular system to a single sport or exercise session 5: Adaptations of the cardiovascular system to exercise 6: Additional factors affecting the cardiovascular system	1: The role of ATP in exercise 2: The ATP-PC (a-lactic) system in exercise and sports performance 3: The lactate system in exercise and sports performance 4: The aerobic system in exercise and sports performance 5: Adaptations of the energy system to exercise 6: Additional factors affecting the energy systems		1: NGB rules/laws in an individual sport 2: Roles and responsibilities of officials in an individual sport 3: Technical demands required to perform in an individual sport



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Unit 2	2 - Lifestyle factors Screening Processes	2 - Nutritional needs Training methods - health	2 - Training methods - skill	2 - Training programme design	2 - Exam notes prep Exam	7 – NGB rules & regs
Year 12	1: Positive lifestyle factors and their effects on health & well-being 2: Negative lifestyle factors and their effects on health & well-being 3: Lifestyle modification techniques  1: Screening Processes 2: Health monitoring tests 3: Interpreting the results of health monitoring tests	1: Common terminology 2: Components of a balanced diet 3: Nutritional strategies for individuals taking part in training programmes  1: Components of fitness to be trained 2: Skill-related fitness 3: Training methods for physical fitness-related components 4: Aerobic endurance training methods 5: Muscular strength training methods 6: Muscular endurance training methods 7: Core stability training methods 8: Flexibility training methods 9: Speed training methods	1: Agility training methods 2: Balance training methods 3: Coordination training methods 4: Reaction time training methods 5: Power training methods	1: Principles of fitness training programme design;  Principles of training Periodisation		1: NGB rules/laws in a team sport 2: Roles and responsibilities of officials in a team sport 3: Technical demands required to perform in a team sport



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Unit 5 Unit 3	5 - Principles of fitness testing	5 - Fitness tests for different components of fitness	5 - Evaluation & feedback of fitness test results	3 - Career & job opportunities in the sports industry	3 - Explore own skills	3 - Recruitment activity & reflection
Year 12	1: Validity of fitness tests 2: Reliability of fitness tests 3: Practicality and suitability of fitness tests 4: Ethical issues associated with fitness screening	1: Fitness tests to assess components of physical fitness 2: Fitness tests to assess components of skill-related fitness 3: Planning of tests 4: Administration of tests	1: Produce a fitness profile for a selected sports performer 2: Providing feedback to a selected sports performer	1: Scope and provision of the sports industry 2: Careers and jobs in the sports industry 3: Professional training routes, legislation, skills in the sports industry 4: Sources of continuing professional development (CPD)	1: Personal skills audit for potential careers 2: Planning personal development towards a career in the sports industry 3: Maintaining a personal portfolio/record of achievement and experience	1: Job applications 2: Interviews and selected career pathway-specific skills 3: Review and evaluation 4: Updated SWOT and action plan



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Unit 22 Unit 7	<b>22 - Business operations</b>	<b>22 - Business models Marketing</b>	<b>7 - Tactical demands</b>	<b>7- Develop skills, techniques &amp; tactics</b>	<b>7 - Reflect on practical performance</b>	
<b>Year 13</b>	1: Features & organisation of sport & active leisure businesses 2: Aims & objectives of sport & active leisure businesses 3: Provision of sports facilities, programmes & services 4: Customer groups in a sport & active leisure business	1: Stakeholders & their influence on sports & active leisure businesses 2: Laws, legislation & safeguarding relevant to the sport & active leisure industry 3: Business models - SWOT, PESTLE  1: Marketing 7 Ps 2: Meeting the needs of the customer in a sport and active leisure business	1: tactical demands of an individual sport 2: Tactical demands of a team sport	Safe and appropriate practical performance demonstration and participation in an individual and a team sport	1: Assessment methods to review the performance of the skills, techniques and tactics in the selected sports 2: Review performance in the selected sports 3: Developments to improve performance	



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Unit 22 Unit 23	22 – Human resources	22 – Finance Trends	23 - Nature of skilled performance Information processing	23 - Theories of and conducting teaching & learning strategies	23- Evaluation	
Year 13	1: Job roles and person specifications 2: Types of employment 3: Human resource management	1: Financing a business in sport and active leisure 2: Financial records  1: Trends 2: Developing products/services to take advantage of trends in the sports and active leisure industry	1: Learning and performance 2: Characteristics and classification of skills 3: Characteristics and classification of abilities  1: Information processing models 2: Perception 3: Decision making and reaction time 4: Types of feedback	1: Behaviourist theories 2: Cognitive theories 3: Phases of skill learning 4: Transfer of learning  1: Presentation of skills 2: Types of practice 3: Styles of teaching 4: Styles of learning 5: Methods of guidance	Evaluate the plan and teaching	



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Unit 4 Unit 25	Roles, qualities & characteristics of effective sports leaders	4 - Psychological factors	4 - Leadership styles	25 - Development of roles & responsibilities of officials	25 - Performance of officials	Undertake the role of a match official
<b>Year 13</b>	1: Different leadership roles 2: Skills, qualities, characteristics and application 3: Importance and effective use of skills, qualities and characteristics when leading	1: Psychological factors that could impact on leadership 2: Leadership and psychological factors	1: Expectations of leadership 2: Practical skills required for different leadership styles 3: Leading a sport and exercise activity 4: Effectiveness and impact of leadership on a sport and exercise activity	1: NGB rules/laws and regulations in different sports 2: Officials and their historical development 3: Roles of the officials 4: Responsibilities of the officials 5: Current issues in officiating in sport	1: Applying rules/laws and regulations to different situations 2: Analysing officials in different sports  1: Officiating in a full match/game 2: Review own performance	

