

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
Year 12	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 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



We provide a supportive and challenging environment to ensure our students achieve academic excellence.



We have the highest expectations for academic excellence and personal development and work hard to achieve them.



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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



We provide a supportive and challenging environment to ensure our students achieve academic excellence.



We have the highest expectations for academic excellence and personal development and work hard to achieve them.



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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



We provide a supportive and challenging environment to ensure our students achieve academic excellence.



Ambition

We have the highest expectations for academic excellence and personal development and work hard to achieve them.



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit 22 Unit 7	22 - Business operations	22 - Business models Marketing	7 - Tactical demands	7- Develop skills, techniques & tactics	7 - Reflect on practical performance	
Year 13	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	



We provide a supportive and challenging environment to ensure our students achieve academic excellence.



We have the highest expectations for academic excellence and personal development and work hard to achieve them.



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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	



We provide a supportive and challenging environment to ensure our students achieve academic excellence.



Ambition

We have the highest expectations for academic excellence and personal development and work hard to achieve them.



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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
Year 13	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	

