

Subject: Sports BTEC Tech Award Level 2

Year group: 11

Department Curriculum Vision: *Students are **physically literate, passionate** about sport and understand the importance of **lifelong participation**. Students will be **confident individuals**, developing a variety of attributes that will enable them to excel in the classroom and beyond.*

	Autumn Term 1	Autumn Term 2
Content: (Know what...)	Component 1 Recap - Preparing participants to take part in sport and physical activity Learning Aim A: Explore types and provision of sport and physical activity for different types of participant Learning Aim B: Examine equipment and technology required for participants to use when taking part in sport and physical activity Learning aim C: be able to prepare participants to take part in sport and physical activity Component 2 Recap - Taking part and improving others sporting performance Learning Aim A - Understand how different components of fitness are used in different physical activity Learning Aim B - Be able to participate in sport and understand the roles and responsibilities of officials Learning Aim C - Demonstrate ways to improve participants sporting techniques	Component 1 Assessment - Preparing participants to take part in sport and physical activity Learning Aim A: Explore types and provision of sport and physical activity for different types of participant Learning Aim B: Examine equipment and technology required for participants to use when taking part in sport and physical activity Learning aim C: be able to prepare participants to take part in sport and physical activity Component 2 Assessment- Taking part and improving others sporting performance Learning Aim A - Understand how different components of fitness are used in different physical activity Learning Aim B - Be able to participate in sport and understand the roles and responsibilities of officials Learning Aim C - Demonstrate ways to improve participants sporting techniques

Skills: (know how...)	- Recall and define key terms - Plan practical sessions in chosen team sport - Perform in practical sessions in chosen team sport	- Recall and define key terms - Plan and organise practical sessions in chosen team sport - Perform in practical sessions in chosen team sport
Key vocabulary	Component 1 Learning aim A: National Governing Bodies, team and individual sports, outdoor activities, physical fitness activities, social, mental and physical benefits of exercise, public sector provision, private sector provision, voluntary sector provision, cost, access, time, personal barriers, cultural barriers Component 1 Learning aim B: Clothing, footwear, equipment, facilities, officiating equipment, performance analysis Component 1 Learning Aim C: Pulse raiser, mobiliser, stretches, cardiovascular system, musculoskeletal system, adaptation, sport-specific, best practice Component 2 Learning Aim A: Muscular strength, muscular endurance, flexibility, aerobic endurance, body composition, speed, agility, balance,	Component 1 Learning aim A: National Governing Bodies, team and individual sports, outdoor activities, physical fitness activities, social, mental and physical benefits of exercise, public sector provision, private sector provision, voluntary sector provision, cost, access, time, personal barriers, cultural barriers Component 1 Learning aim B: Clothing, footwear, equipment, facilities, officiating equipment, performance analysis Component 1 Learning Aim C: Pulse raiser, mobiliser, stretches, cardiovascular system, musculoskeletal system, adaptation, sport-specific, best practice Component 2 Learning Aim A: Muscular strength, muscular endurance, flexibility, aerobic endurance, body composition, speed, agility, balance, coordination, power, reaction time

	coordination, power, reaction time Component 2 Learning Aim B: Basic skills, complex skills, open skills, closed skills, self-paced skills, externally paced skills, strategy, tactics, isolated practice, officials, rules and regulations Component 2 Learning Aim C: Whole drills, part drills, progressive drills, conditioned practices, demonstrations, teaching points	Component 2 Learning Aim B: Basic skills, complex skills, open skills, closed skills, self-paced skills, externally paced skills, strategy, tactics, isolated practice, officials, rules and regulations Component 2 Learning Aim C: Whole drills, part drills, progressive drills, conditioned practices, demonstrations, teaching points, space, equipment, time, organisation, demonstrations, positioning, feedback, athlete development plan
Mid Term Assessment	Coursework mock assessment	Component 1 Pearson Set Assignment Component 2 Pearson Set Assignment
End Term Assessment	Component 1 Pearson Set Assignment Component 2 Pearson Set Assignment	Component 1 Pearson Set Assignment Component 2 Pearson Set Assignment
	Spring 1	Spring 2
Content: (Know what...)	Component 3 Exam Prep - Developing fitness to improve other participants' performance in sport and physical activity	Component 3 Exam Prep - Developing fitness to improve other participants' performance in sport and physical activity

Skills: (Know how...)	- Recall and define key terms - Explain key content - Answer short and long exam style questions	- Recall and define key terms - Explain key content - Answer short and long exam style questions
Key vocabulary	Component 3: Muscular strength, muscular endurance, flexibility, aerobic endurance, body composition, speed, agility, balance, coordination, power, reaction time, frequency, intensity, time, type, specificity, progressive overload, reversibility, rest and recovery, variation, individual needs, adaptability, Intensity, heart rate, maximum heart rate, training zones, aerobic training zone, anaerobic training zone, Borg rating of perceived exertion scale, technology to measure exercise intensity, pre-test procedures, warm up, continuous training, fartlek training, interval training, circuit training, PNF technique, free weights, resistance machines, acceleration sprints, resistance drills, SAQ, plyometrics	Component 3: Muscular strength, muscular endurance, flexibility, aerobic endurance, body composition, speed, agility, balance, coordination, power, reaction time, frequency, intensity, time, type, specificity, progressive overload, reversibility, rest and recovery, variation, individual needs, adaptability, Intensity, heart rate, maximum heart rate, training zones, aerobic training zone, anaerobic training zone, Borg rating of perceived exertion scale, technology to measure exercise intensity, pre-test procedures, warm up, continuous training, fartlek training, interval training, circuit training, PNF technique, free weights, resistance machines, acceleration sprints, resistance drills, SAQ, plyometrics
Mid Term Assessment	Past paper test	PPE
End Term Assessment	Past paper test	
	Summer 1	Summer 2

Content: (Know what...)	Component 3 Exam Prep - Developing fitness to improve other participants' performance in sport and physical activity	Component 3 Exam Prep - Developing fitness to improve other participants' performance in sport and physical activity
Skills: (Know how...)	- Recall and define key terms - Explain key content - Answer short and long exam style questions	- Recall and define key terms - Explain key content - Answer short and long exam style questions
Key vocabulary	Component 3: Muscular strength, muscular endurance, flexibility, aerobic endurance, body composition, speed, agility, balance, coordination, power, reaction time, frequency, intensity, time, type, specificity, progressive overload, reversibility, rest and recovery, variation, individual needs, adaptability, Intensity, heart rate, maximum heart rate, training zones, aerobic training zone, anaerobic training zone, Borg rating of perceived exertion scale, technology to measure exercise intensity, pre-test procedures, warm up, continuous training, fartlek training, interval training, circuit training, PNF technique, free weights, resistance machines, acceleration sprints, resistance drills, SAQ, plyometrics	Component 3: Muscular strength, muscular endurance, flexibility, aerobic endurance, body composition, speed, agility, balance, coordination, power, reaction time, frequency, intensity, time, type, specificity, progressive overload, reversibility, rest and recovery, variation, individual needs, adaptability, Intensity, heart rate, maximum heart rate, training zones, aerobic training zone, anaerobic training zone, Borg rating of perceived exertion scale, technology to measure exercise intensity, pre-test procedures, warm up, continuous training, fartlek training, interval training, circuit training, PNF technique, free weights, resistance machines, acceleration sprints, resistance drills, SAQ, plyometrics
Mid Term Assessment	Component 3 exam	Component 3 exam
End Term Assessment	Component 3 exam	Component 3 exam
Additional information		

Homework	Coursework and exam style questions. Revision resources Research based homework on relevant topics
Extra curricular and enrichment opportunities	Extra-curricular clubs and team sports will contribute to Component 2 grade
Useful links that will support learning	Specification - Pearson BTEC Level 1/Level 2 Tech Award in Sport 2022 Issue 3 BTEC Tech Award in Sport: Exam Practice Workbook Pearson Revise BTEC Tech Award Sport Revision Guide (2022)
How parents can support learning	Monitor Show my Homework to support students with their organisation of homework. Support and motivate students with coursework and deadlines, echo importance of completing all coursework to a high standard Support students with revision (flash cards, mind maps, questions etc) Encourage your child to remain physically active and attend PE extra curricular opportunities.