

Year 11 – BTEC Sport

Curriculum intent	Learners will experience a wide range of topics covered across the course of 4 units. Learners will have be assessed on their theory and practical abilities through rigorous internal and external assessments. Learners will be required to perform in at least two practical sports, plan and deliver high quality sports coaching sessions as well as completing internal assignments and an external examination.					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	<p>Unit 3. Personal Fitness Fitness Data Designing a Programme. Body Systems Effects of Exercise</p> <p>Learning aim A takes learners through the stages of designing a personal fitness training programme, where they can select a component of fitness and an appropriate method of training to improve or maintain their fitness levels</p>	<p>Unit 3. Completion of Personal Training Programme. Fitness Testing Review of Data and Programme.</p> <p>Learning aim B, learners will gain awareness of the musculoskeletal and cardiorespiratory body systems and how they respond during the exercise.</p> <p>Learners will implement their personal fitness training</p>	<p>Unit 6. Sports Leadership. Qualities of a Leader.</p> <p>Unit 1 – for learners requiring a resit of external exam.</p> <p>Learners will be introduced to the attributes required to be a successful sports leader, giving them the knowledge of the skills, qualities and responsibilities associated with</p>	<p>Unit 6. Attributes and Qualities of a Leader. Leadership Styles. Planning of Leadership/Coaching Session.</p> <p>Learning aim B enables learners to consider the planning and leadership requirements for delivering sports activities. They will be given the opportunity to develop their ability and knowledge of sports leadership through developing knowledge of the requirements of</p>	<p>Unit 6. Practical Leadership Session. Delivering Coaching.</p> <p>Learning aim C, learners will evaluate their own effectiveness as a sports leader within the session they planned and delivered. Learners will need to consider your strengths within the process of sports leadership and plans for further</p>	<p>Review and Analysis of Practical Session.</p> <p>Feedback for review, from participants, supervisor, observers, self-analysis. Using a variety of methods, e.g. questionnaires, comment cards, observation records, direct verbal feedback. Strengths and areas for improvement</p>



	safely for their chosen activity/sport.	programme, maintaining a training diary. They will then review their programme, looking at strengths, areas for improvement and suggesting recommendations for future training and performance.	success in sports leadership.	planning and target setting for sports performers.	developing your ability as a sports leader.	(demonstration of attributes, completion of responsibilities, e.g. planning, content, organisation, health and safety, achievements).
Skills	<p>Application of data.</p> <p>Acknowledge the effects of exercise.</p> <p>Design a safe six-week personal fitness training programme to meet an activity/sport goal which meets the needs of the individual,</p>	<p>Evaluate specific body systems and the effects of training.</p> <p>Explain the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme</p>	<p>Acknowledge various leadership styles.</p> <p>Coaching and leadership theories.</p> <p>Describe, using relevant examples, the attributes required for, and responsibilities of, sports leadership.</p>	<p>Practical delivery of a sports session. Planning and organising a safe and effective sports session.</p> <p>Compare and contrast the attributes of two successful sports leaders.</p>	<p>Delivery of session. Showing leadership skills, coaching attributes and awareness of sport specific skills.</p> <p>Justify the choice of activities within the sports activity plan.</p>	<p>Analysis and review of own performance. Review performance and make suggestions for improvements.</p> <p>Justify targets for future development as a sports leader and activities within the personal</p>

	showing creativity in the design.				Lead a successful sports activity session.	development plan.
Assessments	Unit 3 Assignment Learning Aim A & B.	Unit 3 Assignment Learning Aim C & D.	Unit 6 Assignment. Learning Aim A. Plus Unit 1 External Exam if needed.	Unit 6 Assignment. Learning Aim B.	Unit 6 Assignment. Learning Aim C.	Unit 6 Assignment. Learning Aim D.
Enrichment	Assignment Drop Ins.	Assignment Drop ins.	Practical Extra Lesson within Extra Curricular Timetable specifically for BTEC learners.	Practical Extra Lesson within Extra Curricular Timetable specifically for BTEC learners.	Assignment Workshop – after school session.	Assignment Workshop – after school session.



Rayner Stephens
HIGH SCHOOL