# KS4 & KS5 BTEC Sport Curriculum Map

Students will

continue their

journey with an

introduction to

units 2 & 3.

Unit 1

Unit 4

Unit 2 Students will revise and complete the Unit 2 external examination/resit opportunity.



Students will examine training methods for different components of fitness and reflect on the

recruitment and

selection process.

Learning Aim D

Learning Aim C

Students will understand programme-related nutritional needs and undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer.





Final Exam **Preparation** 

Units 2 & 3

### Learning Aim B

development action plan.

Units 2 & 3

Learning Aim A Students will examine lifestyle

factors and their effect on health and well-being & understand the career and job opportunities in the sports industry.

Units 2 & 3

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Students will understand the screening processes for training programming & explore own skills using a

Unit 3 skills audit to inform a career Assignment 1 Internal Assessment Careers in Sport

Unit 3

Unit 2

Students will revise and complete the Unit 2 external examination/resit opportunity for unit 1

Units 1 & 2



Unit 1

Students will revise and complete the Unit 1 external examination.

Unit 4 Assignment 3 Internal **Assessment** 

Explore effective leadership style when leading a sporting activity.

Learning Aim E

Students will learn the effects of exercise and sports performance on the energy systems.



Students will learn the effects of exercise on the cardiovascular system.



**Learning Aim C** 

Students will learn the effects of exercise on the respiratory system.



4 Learning

Aim A

**Assignment** 

Understand the roles, qualities and characteristics of an effective sports leader

Units 1 & 4

#### **Component D**

Students will investigate fitness programming to improve fitness and sports performance, design fitness programmes, and explore motivational techniques for fitness programming.



YEAR

determine fitness levels, fitness test methods

for components of physical fitness and skill-

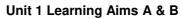
related fitness, and interpretation of fitness test

results

YEAR

Unit 4 Assignment 2 Internal Assessment

Examine the importance of psychological factors and their link with effective leadership



Students will learn the effects of exercise on the skeletal & muscular systems.



Unit 4

Component 3 C4-6

Students will explore additional requirement s for each of the fitness training methods, provision for taking part in fitness training methods and the effects of long-term fitness training on the body

systems



Component 3 B1-4

Component 3: Developing fitness to improve other participants performance in Students will Investigate fitness testing to sport and physical activity.

Units 1 & 4



Component 3



Component 3 C1-3

Students will investigate different training methods. fitness training methods for physical components of fitness and skill-related components of fitness.

Online Examination



Component 2

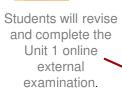
## Component 3 A1-3

Students will explore the importance of fitness for sports performance, fitness training principles, exercise intensity, and how it can be determined.



### Learning outcome C

Students will demonstrate ways to improve participants' sporting techniques.



#### Learning outcome C

Students will be able to prepare participants to take part in sport and physical activity.



### Learning outcome B

Students will examine the equipment and technology required for participants to use when taking part in physical activity.



Taking part and improving other

participant's sporting

performance

Students will continue

their BTEC journey by

commencing the internal,

externally moderated

component 2.

Students will explore types and provision of sport and physical activity for different types

### Learning outcome A

Students will understand how different components of fitness are used in different physical activities.

### Learning outcome B

Students will be able to participate in sport and understand the roles and responsibilities of officials.







**YEAR** 



KS3 Motor Competence Healthy Participation Rules Strategies and

**Tactics** 



Component 1

Preparing participants to take part in sport and physical activity

Pupils begin their journey by commencing this internal, externally moderated assessment.



Learning outcome A

of participant.