



## Year 11 BTEC TECH AWARD SPORT LTP

**Rationale with endpoints:** Learners will be introduced to and develop an understanding of the importance of fitness and the different types of fitness for performance in sport and physical activity. They will also develop an understanding of the body and fitness testing.

Term	Topic	Knowledge	Skills	Reading/Wider Reading
<b>Autumn 1</b>  Externally Assessed Synoptic 60 Marks 1.5 hours	Component 2: LOC <b>Drills to improve sporting performance</b>	<ul style="list-style-type: none"> <li>Understand how different drills and adapted games can improve sporting techniques and performance.</li> <li>Understand how to use each type of drill and adapted game to develop sporting technique for different types of participants.</li> <li>Know how to set up each of the drills and be able identify what pieces of equipment are needed for each drill.</li> </ul>	<ul style="list-style-type: none"> <li>Independent working - supervised/unsupervised</li> <li>Independent enquiry; self-management; creative thinkers; reflective learners; team worker</li> <li>Practical demonstrations of techniques and drills using teaching points</li> <li>ICT – Video recording lasting approximately 10 minutes</li> <li><b>Writing genre: written response of approx. 3-pages of A4, which can include supporting sketches</b> supports TASK 3 of assignment</li> <li><b>Complex activity: TASK 3: Demonstrate ways to improve participants sporting techniques (Approx. 1hour)</b></li> </ul>	N/A

	<p>Component 3: LOA <b>Explore the importance of fitness for sports performance</b></p> <p><b>Summative Assessment (SA)</b> <b>Assignment 2:</b> 4 hours to complete (Weeks 4-6; <b>Moderation of SA</b> (Weeks 7-9)</p>	<ul style="list-style-type: none"> <li>• Understand how each of the components of physical and skill-related fitness are required to perform well in selected sports and how these are used when playing in different positions in team sports.</li> <li>• Understand the principles of training and how they can be applied to training programmes.</li> <li>• Understand exercise intensity and how it can be measured or worked out.</li> <li>• Understand the target zones and the related technical vocabulary.</li> </ul>	<ul style="list-style-type: none"> <li>• Independent enquiry; self-management; reflective learners</li> <li>• Numeracy – measuring heart rate BPM; training zones; BORG RPE</li> <li>• ICT – Calculators for HR training zones; YouTube – videos to show the components of fitness and past pupil videos</li> <li>• Literacy – knowledge organisers</li> <li>• <b>Writing genre: note taking for revision and to develop knowledge; mock exam</b></li> <li>• <b>Bullet Point 1: Link to: Component 2: Taking Part and Improving Other Participants Sporting Performance</b></li> </ul>	<p><b>BTEC Level 2 First in Sport 2nd ed. Book:</b> Barsby et al. UNIT 1: Components of Fitness pages 4-7;</p> <p><b>BTEC Level 2 First in Sport 2nd ed. Book:</b> Barsby et al. UNIT 5: Principles of training page 83</p> <p><b>BTEC Level 2 First in Sport 2nd ed. Book:</b> Barsby et al. UNIT 1: Determining exercise intensity pages 8-9</p>
Autumn 2	<p><b>MOCK of LOA</b></p>			

	<p>Component 3: LOB <b>Investigate fitness testing to determine fitness levels</b></p>	<ul style="list-style-type: none"> <li>• Understand the purpose of fitness testing, know how to administer and select fitness tests for different types of sports and participants and interpret the test results.</li> <li>• Know which fitness tests are appropriate to test for physical and skill-related fitness. Should also understand the practicality and validity of these tests for each component of physical fitness.</li> <li>• Understand how to produce reliable fitness test results.</li> <li>• Able to use normative data tables to interpret fitness test results and be able to interpret the data to recommend improvements.</li> </ul>	<ul style="list-style-type: none"> <li>• Independent working - supervised/unsupervised</li> <li>• Practical application of fitness testing</li> <li>• Independent enquiry; self-management; reflective learners; team worker</li> <li>• Numeracy – normative data/interpretation/timings/tape measure/beep test/counting repetitions/vertical jump test</li> <li>• ICT – Stopwatches; speaker; beep test; knowledge organisers</li> <li>• <b>Writing genre: note taking for revision; recording fitness tests results in a booklet; mock exam; SAM</b></li> <li>• <b>Complex activity: Validity of fitness testing and interpreting the data to make recommendations</b></li> </ul>	<p><b>BTEC Level 2 First in Sport 2nd ed. Book:</b> Barsby et al. UNIT 1: Conducting Fitness Tests pages 19-27</p>
	<p><b>MOCK of LOB Moderation &amp; Submission of marks to EXAM BOARD</b></p>			

<p><b>Spring 1</b></p>	<p>Component 3: LOC <b>Investigate different fitness training methods</b></p>	<ul style="list-style-type: none"> <li>● Carry out fitness training safely and effectively as part of a training programme.</li> <li>● Suggest and justify appropriate physical and skill-related fitness training methods that could be used for specific sports participants for different ages and different sporting abilities.</li> <li>● Advantages and disadvantages of fitness training methods.</li> <li>● Know about the providers of fitness training and how their provision varies in relation to types of equipment available, cost, other support available and access.</li> <li>● Know how training methods affect the different body systems, which can lead to adaptations to improve specific components of fitness.</li> </ul>	<ul style="list-style-type: none"> <li>● Independent working - supervised/unsupervised</li> <li>● Independent enquiry; self-management; reflective learners; creative thinkers</li> <li>● Numeracy – minimum time for aerobic endurance training; cost of equipment</li> <li>● ICT – Knowledge organisers</li> <li>● <b>Writing genre: note taking for revision; mock exam; SAM</b></li> <li>● <b>Complex activity: effects of long-term training on the body systems</b></li> <li>● <b>Link to: Component 1: Preparing Participants to Take Part in Sport and Physical Activity</b></li> </ul>	<p><b>BTEC Sport Assessment Guide Book: UNIT 4:</b> The Sports Performer in Action by Hodder Education -pages 31-33 &amp; 36</p>
<p><b>Spring 2</b></p>	<p><b>MOCK of LOC</b></p>			

	Component 3: LOD <b>Investigate fitness programming to improve fitness and sports performance</b>	<ul style="list-style-type: none"> <li>Understand how to use aims and objectives of a fitness training programme design.</li> <li>Select appropriate training methods and principles of training by using personal information to design a training programme.</li> <li>Use motivational techniques and the SMARTER principle to encourage the performer to engage in the training programme.</li> </ul>	<ul style="list-style-type: none"> <li>Independent working - supervised/unsupervised</li> <li>Independent enquiry; self-management; reflective learners; creative thinkers</li> <li>ICT – Knowledge organisers; computers to create training programme</li> <li>Goal setting; SMARTER Principles</li> <li><b>Writing genre: note taking for revision; mock exam; SAM</b></li> <li><b>Complex activity: effects of long-term training on the body systems</b></li> </ul>	<b>BTEC Sport Assessment Guide Book UNIT 5:</b> Training for Personal Fitness by Hodder Education -pages 2-20
Summer 1	<b>MOCK of LOC</b>			
<b>REVISION</b>				
<b>MOCK WHOLE PAPER</b>				
<b>REVISION and EXTERNAL ASSESSMENT</b>				
<b>Component 3: ASSESSMENT OBJECTIVES</b>	<b>AO1</b> Demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise <b>AO2</b> Demonstrate an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise <b>AO3</b> Apply an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise <b>AO4</b> Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise			