



# Sport BTEC Curriculum Overview



Year	Autumn 1	Autumn 2	Spring 1	Spring 1	Summer 1	Summer 2
<b>10</b>	<p><b>Component 1:</b> Preparing participants to take part in sport and physical activity</p> <p>Delivery of all three learning aims to ensure development of knowledge, understanding and application to be able to apply these to a set task:</p> <p><b>LAA:</b></p> <p>Types and providers of sport.</p> <p>Participants - different types of participants and their needs.</p> <p>Barriers to sport.</p> <p>How to remove/ overcome barriers to sport.</p>	<p><b>Component 1:</b> Preparing participants to take part in sport and physical activity</p> <p><b>LAA continued.</b></p> <p><b>Careers: KS4 Lesson 1 – coaching and NGBs</b></p>	<p><b>Component 1:</b> Preparing participants to take part in sport and physical activity</p> <p><b>LAB continued.</b></p> <p><b>LAC:</b></p> <p>Development of coaching skills.</p> <p>Be able to plan and lead an effective warm-up.</p> <p>Develop key skills such as confidence, voice projection, control etc.</p> <p>Understand how to and be able to adapt in a practical situation.</p>	<p><b>Component 1:</b></p> <p>Preparing participants to take part in sport and physical activity</p> <p><b>LAC continued.</b></p> <p><b>Careers: KS4 Lesson 2 – PT (personal trainer)</b></p> <p><b>Formal Internal Assessment – Externally moderated</b></p> <p>To fully complete first official assessment during the second assessment window. This will be between released in February 2023.</p>	<p><b>Component 2:</b></p> <p>Taking part and improving other participants sporting performance</p> <p>Delivery of learning aims B and C ensure development of knowledge, understanding and application to be able to apply these to a set task.</p> <p><b>LAA:</b></p> <p>To know, understand and apply the components of physical and skill-related fitness.</p>	<p><b>Component 2:</b> Taking part and improving other participants sporting performance</p> <p><b>LAA continued.</b></p> <p><b>LAB:</b></p> <p>Techniques, strategies and fitness required for different sports.</p> <p>The importance of officials.</p> <p>The purpose of rules and regulations and understanding these to apply well.</p> <p><b>Formal Internal Assessment – Externally moderated</b></p> <p>To fully complete second official assessment during the first assessment window of year 11. This will be released in October 2023.</p>



Students will use the remaining time prior to summer to prepare fully for this and ensure that they have sufficient notes etc. to return and complete assessment during the window.

**Careers: KS4 Lesson 3 - (Sports Journalism) - links with English dept.**

**LAA:**

To develop knowledge and understanding of the different types and providers of sport as well as different types of participants and their needs. To go on to explore the barriers to participation and ways to overcome these.

**LAB:**

To explore and understand the different levels of technology used in sport, how this is used and why. To know the benefits of technology to develop performance.

**LAB continued:**

To continue to explore technology and examine both the benefits and limitations of this on performance.

**LAC:**

To develop coaching skills looking at how to warm-up correctly and effectively to prepare safely for exercise.

To develop an ability to adapt in a practical situation and deliver with confidence and competence.

**Formal External Assessment**

To fully complete first official assessment during the first assessment window. This will be between released in February 2023.

**LAA:**

To know, understand and apply the components of physical and skill-related fitness.

**LAB:**

To understand what the different techniques, strategies, and fitness required for different sports and the importance of officials.

To develop a good understanding of rules and regulations along with their purpose.

**LAC:**

To further develop coaching skills to be able to effectively plan and deliver conditioned practices to participants. To develop the confidence to support another in improving their skill level.

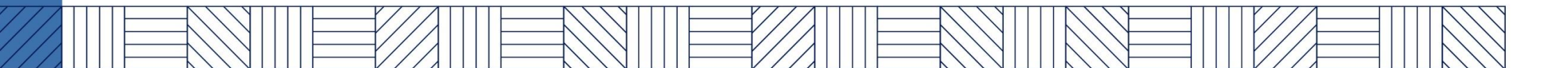
**Formal External Assessment**

To fully complete second official assessment during the second assessment window. This will be between May and June 2023.

If required, students will also be given a resit opportunity for component 1.

**LAA:**

To explore the need for fitness for successful participation in sport. Participation in a variety of sports with a focus the components of physical and skill-related fitness and how these are used effectively.





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<b>11</b>	<p><b>Component 2:</b></p> <p>Taking part and improving other participants sporting performance</p> <p><b>LAB continued.</b></p> <p><b>LAC:</b></p> <p>Further development of coaching skills.</p> <p>Be able to plan and deliver conditioned practices.</p> <p>Further develop key skills such as confidence, voice projection, control, organisation of equipment, demonstration etc.</p> <p>Understand how to and be able to adapt in a practical situation.</p>	<p><b>Component 2:</b></p> <p>Taking part and improving other participants sporting performance</p> <p><b>LAC continued.</b></p> <p><b>Formal Internal Assessment - Externally moderated</b> – for component 2.</p> <p><b>Careers: KS4 Lesson 4 – Physiotherapy &amp; Sport Massage</b></p>	<p><b>Component 3:</b></p> <p>Developing fitness to improve other participants performance in sport and physical activity</p> <p><b>LAA:</b></p> <p>Fitness for different sports. Importance of different components of fitness for different sports. How the principles of training can improve performance if used effectively. Exercise intensity and its importance.</p> <p><b>LAB:</b></p> <p>The importance of fitness testing.</p> <p>How to administer key fitness tests.</p> <p>Interpretation of data and comparison to national statistics.</p>	<p><b>Component 3:</b></p> <p>Developing fitness to improve other participants performance in sport and physical activity</p> <p><b>LAB Continued.</b></p> <p><b>LAC:</b></p> <p>Methods of training and how these are implemented.</p> <p>Requirements of each method of training.</p> <p>Long-term benefits of exercise on key body systems – skeletal, muscular, cardiovascular and respiratory.</p> <p><b>Careers: KS4 Lesson 5 – Leisure centre roles</b></p>	<p><b>Component 3:</b></p> <p>Developing fitness to improve other participants performance in sport and physical activity</p> <p><b>LAC Continued.</b></p> <p><b>LAD:</b></p> <p>What is required to create a personal fitness programme.</p> <p>Motivational techniques and their use when fitness training.</p> <p>Revision of all topics for Component 3.</p> <p>Address areas of weakness, lack of confidence and common misconceptions.</p> <p>Use both practical and classroom-based strategies to develop retention</p> <p><b>May/June: Formal External Examination (2)</b></p>		

