



Sport BTEC Curriculum Overview



Year	Autumn 1	Autumn 2	Spring 1	Spring 1	Summer 1	Summer 2
10	<p>Component 2:</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>LAA:</p> <p>To know, understand and apply the components of physical and skill-related fitness.</p> <p>LAB:</p> <p>Techniques, strategies and fitness required for different sports.</p>	<p>Component 2: Taking part and improving other participants sporting performance</p> <p>LAA and LAB continued.</p> <p>Careers: Officiating</p>	<p>Component 2:</p> <p>Taking part and improving other participants sporting performance</p> <p>LAB continued.</p> <p>LAC:</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>Careers: Sports Coaching</p>	<p>Component 2:</p> <p>Taking part and improving other participants sporting performance</p> <p>LAC continued.</p> <p>Careers: Physiotherapy & Sport Massage</p>	<p>Component 2:</p> <p>Taking part and improving other participants sporting performance</p> <p>LAC continued.</p> <p>Formal Internal Assessment – Externally moderated – for Component 2 (deadline 15th May).</p> <p>Careers: Sports Leadership and Management roles</p>	<p>Component 1: 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>LAA:</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>Careers: Leisure centre roles</p>



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The importance of officials.

The purpose of rules and regulations and understanding these to apply well.

Careers: Strength and conditioning coach



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	<p>Component 1: Preparing participants to take part in sport and physical activity</p> <p>LAB:</p> <p>Explore and understand the different levels of technology used in sport, how this is used and why. To know the benefits and limitations of technology to develop performance</p> <p>Careers: Data analyst</p>	<p>Component 1:</p> <p>Preparing participants to take part in sport and physical activity</p> <p>LAC:</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>Formal Internal Assessment – Externally moderated – for Component 1 (deadline 15th December).</p> <p>Careers: Sports Journalism</p>	<p>Component 3: Developing fitness to improve other participants performance in sport and physical activity</p> <p>LAA:</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>LAB:</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>Careers: PT (personal trainer)</p>	<p>Component 3: Developing fitness to improve other participants performance in sport and physical activity</p> <p>LAB Continued.</p> <p>LAC:</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>Careers: Professional athlete</p>	<p>Component 3: Developing fitness to improve other participants performance in sport and physical activity</p> <p>LAC Continued.</p> <p>LAD:</p> <p>What is required to create a personal fitness programme. 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>May/June: Formal External Examination</p> <p>Careers: Sports psychologist</p>	