

## 5-Year Curriculum Overview – BTEC Sport

	<b>Year 11</b>	<b>Year 10 &amp; Y11</b>	<b>Year 10</b>
	<b>Component 3</b>	<b>Component 2</b>	<b>Component 1</b>
<b>Aims</b>	<ul style="list-style-type: none"> <li>• Demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes /principles in relation to improving fitness in sport and exercise</li> <li>• Demonstrate an understanding of facts, components of fitness, fitness tests, Training methods/processes /principles in relation to improving fitness in sport and exercise</li> <li>• Apply an understanding of facts, components of fitness, fitness tests, training methods/processes /principles in relation to improving fitness in sport and exercise</li> <li>• Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Understand how different components of fitness are used in different physical activities</li> <li>• Be able to participate in sport and understand the roles and responsibilities of officials</li> <li>• Demonstrate ways to improve participants sporting techniques.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore types and provision of sport and physical activity for different types of participant</li> <li>• Examine equipment and technology required for participants to use when taking part in sport and physical activity</li> <li>• Be able to prepare participants to take part in sport and physical activity.</li> </ul>

<p style="text-align: center;">Core Knowledge/Key Concepts</p> <p style="text-align: center;">Skills &amp; knowledge developed</p>	<ul style="list-style-type: none"> <li>• The importance of fitness for successful participation in sport</li> <li>• Fitness training principles</li> <li>• Exercise intensity and how it can be determined</li> <li>• Importance of fitness testing and requirements for administration of each fitness test</li> <li>• Fitness test methods for components of physical fitness</li> <li>• Fitness test methods for components of skill-related fitness</li> <li>• Interpretation of fitness test results</li> <li>• Requirements for each of the following fitness training methods</li> <li>• Fitness training methods for physical components of fitness</li> <li>• Fitness training methods for skill-related components of fitness</li> <li>• Additional requirements for each of the fitness training methods</li> <li>• Provision for taking part in fitness training methods</li> </ul>	<ul style="list-style-type: none"> <li>• Components of physical fitness</li> <li>• Components of skill-related fitness</li> <li>• Techniques, strategies and fitness required for different sports</li> <li>• Officials in sport</li> <li>• Rules and regulations in sports</li> <li>• Planning drills and conditioned practices to develop participants' sporting skills</li> <li>• Developing drills to improve sporting performance</li> </ul>	<ul style="list-style-type: none"> <li>• Types and providers of sport and physical activities</li> <li>• Types and needs of sport and physical activity participants</li> <li>• Barriers to participation in sport and physical activity for different types of participant</li> <li>• Methods to address barriers to participation in sport and physical activity for different types of participant</li> <li>• Different types of technology and their benefits to improve sport and physical activity participation and performance</li> <li>• The limitations of using technology in sport and physical activity</li> <li>• Planning a warm-up</li> <li>• Adapting a warm-up for different categories of participants and different types of physical activities</li> <li>• Delivering a warm-up to prepare participants for physical activity</li> </ul>
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<p style="text-align: center;">Wider curriculum links to CC/SMSC/PD and CEIAG</p>	<ul style="list-style-type: none"> <li>• Maths &amp; Statistics - interpret fitness test scores and compare them to normative data.</li> <li>• Science – Investigate the impact of long-term fitness training on the body systems</li> </ul>	<ul style="list-style-type: none"> <li>• Life skills - Understand the fundamentals of sport and activity leadership</li> <li>• Leadership - Planning drills and practices for sports performance</li> <li>• Leadership - Understand the fundamentals of sport and activity leadership</li> </ul>	<ul style="list-style-type: none"> <li>• Science – Investigate the impact of sport and activity on the body systems</li> <li>• Technology – Understand the use of technology for sport and activity.</li> <li>• Life skills - Understand the fundamentals of sport and activity leadership</li> <li>• Leadership - Planning sessions for target groups</li> <li>• Leadership - Understand the fundamentals of sport and activity leadership</li> </ul>