

# **BTEC Sport**

## Program of Study: KS4 – BTEC Level 2

## **Key Concepts**

Communication	Decision Making	Teamwork and Leadership	Healthy Lifestyles	Personal Challenge
Students in a variety of contexts impart or exchange information by speaking, writing, or using another medium	Students develop the action or process of making important decisions in a range of contexts.	Leadership, teamwork, and interpersonal skills are developed when students are engaged in movement contexts. Students develop leadership knowledge and understanding about how to balance rights, roles, and responsibilities in a range of situations/ contexts.	Students learn the importance of health and well-being both in terms of physical, mental, and social. Health and well-being can be described as the achievement and maintenance of physical fitness and mental stability.	By actively participating in contexts that involve challenge, students extend and test their physical, mental, and emotional limits, both individually and as part of a group.

### **Key Themes**

Applied anatomy and physiology	Physical training	Socio-cultural influences	Sports psychology	Health, fitness and wellbeing	Performance
Learners will develop knowledge and understanding of the basic structures and functions of body systems that are particularly important to physical activities and sports and the long term and short term effects.	Learners will develop their knowledge and understanding of the components of fitness required for physical activities and sports and how each can be measured.  Learners will also be able to apply their knowledge of training principles to personal exercise/training programmes to improve fitness, along with the knowledge of how to	Learners will develop their knowledge and understanding of the factors that continue to impact on physical activities and sports.	Learners will develop their knowledge and understanding of the psychological factors that can affect performers. They will also develop their knowledge and understanding of how movement skills are learned and performed in physical activities and sports.	Learners will develop their knowledge and understanding of the benefits of participating in physical activities and sport to health, fitness and well-being as well as having a clear definition of health and fitness.	Learners should be taught the necessary knowledge to undertake a range of roles in a variety of activities.

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helping to preven	t injury.		

1 2 3 4 5 6 7	8 9 10 11 12 13 14 15	16 17 18 19 20 21	22 23 24 25	26 27 28 29 30 31 32	33 34 35 36 37 38 39
Unit 1: Fitness For sport and exercise: Learning Aim A: 1 – Components of physical fitness 2 – Components of skill related fitness 3 – why fitness components are important  Unit 2: Practical performance in sport Learning Aim B: Practically demonstrate skills, techniques and tactics in sport  Badminton/Table Tennis/Football (GCSE PE practical specification used for skills to be taught)	Unit 1: Fitness For sport and exercise: Learning Aim A: 4 – Exercise intensity 5 – Principles of training 6 – Additional Principles of training  Unit 2: Practical performance in sport Learning Aim B: Practically demonstrate skills, techniques and tactics in sport  Badminton/Table Tennis/ Football (GCSE PE practical specification used for skills to be taught)	Unit 1: Fitness For sport and exercise: Learning Aim B: 1 - Requirements for training methods in (3) 2 - Additional requirements for training methods for Flexibility, Strength, Muscular Endurance and Power:  Unit 2: Practical performance in sport Learning Aim B: Practically demonstrate skills, techniques and tactics in sport  Badminton/Table Tennis/ Football (GCSE PE practical specification used for skills to be taught)	Unit 1: Fitness For sport and exercise: Learning Aim B: 1 – Requirements for training methods in (3) 2 – Additional requirements for training methods in (3) 3 – Training methods in (3) 3 – Training methods for aerobic endurance and speed  Unit 2: Practical performance in sport Learning Aim B: Practically demonstrate skills, techniques and tactics in sport  Badminton/Table Tennis/ Football (GCSE PE practical specification used for skills to be taught)	Unit 1: Fitness For sport and exercise: Learning Aim C: 1 – Fitness testing methods 2 – Importance of fitness testing  Unit 2: Practical performance in sport Learning Aim B: Practically demonstrate skills, techniques and tactics in sport  Badminton/Table Tennis/ Football (GCSE PE practical specification used for skills to be taught)	Unit 1: Fitness For sport and exercise: Learning Aim C: 3 – Requirements for administration 4 – Interpretation of test results  Unit 2: Practical performance in sport Learning Aim B: Practically demonstrate skills, techniques and tactics in sport  Badminton/Table Tennis/ Football (GCSE PE practical specification used for skills to be taught)
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
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Key Themes	Key Themes	Key Themes	Key Themes	Key Themes	Key Themes
Assessment Method:	Assessment Method:	Assessment Method:	Assessment Method:	Assessment Method:	Assessment Method:
Unit 1: Formative and summative quizzes/tests	Unit 1: Formative and summative quizzes/tests	Unit 1: Formative and summative quizzes/tests		Unit 1: Formative and summative quizzes/tests	Unit 1: Formative and summative quizzes/tests

Unit 2: Forma assessment a GCSE skills	Unit 2: Formative assessment against GCSE skills	Unit 2: Formative assessment against GCSE skills	Unit 1: Formative and summative quizzes/tests	Unit 2: Formative assessment against GCSE skills	Unit 2: Formative assessment against GCSE skills
			Unit 2: Formative assessment against GCSE skills		

#### **YEAR: 10**

Unit 1: Fitness For sport and exercise:  Learning Aim A, B and C. Exam revision and preparation.  Unit 2: Practical performance in sport Learning Aim B: Obtaining video and photographic evidence of skills, techniques and tactics.  Badminton/Table Tennis/Football	8 9 10 11 12 13 14 15  Unit 2: Practical performance in sport  Learning Aim A: Understand the rules, regulations and scoring systems of sports  Badminton/Table Tennis/ Football	Unit 2: Practical performance in sport  Learning Aim C: Review sports performance  Badminton/Table Tennis/ Football	Unit 3: Applying the principles of personal training  Learning Aim A: Design a personal fitness training programme	Unit 3: Applying the principles of personal training  Learning Aim B: The effects of the musculoskeletal and cardiorespiratory systems on the body during training.  Learning Aim C: Implement a self-designed personal fitness training programme to achieve own goals and objectives	Unit 3: Applying the principles of personal training  Learning Aim C: Implement a self-designed personal fitness training programme to achieve own goals and objectives  Learning Aim D: Review a personal fitness training programme
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes	Key Themes	Key Themes	Key Themes	Key Themes	Key Themes
Assessment Method:  Unit 1 – Summative assessment – BTEC Unit 1 exam  Unit 2 LAB: Observation statement, Video evidence, Presentation on performance in 2 sports. (Summative)	Assessment Method:  Unit 2 LAA: To produce leaflets identifying rules, regulations and scoring systems of 2 selected sports. (Summative)	Assessment Method:  Unit 2 LAC: To produce a formal review of own performance in 2 sports. (Summative)	Assessment Method:  Unit 3 LAA: To produce a 6 week training programme. (Summative)	Assessment Method:  Unit 3 LAB: To produce 2 posters explaining the effects of training. (Summative)	Assessment Method:  Unit 3 LAC: Observation statement, Video evidence, training log. (Summative)  Unit 3 LAD: To produce a formal review of training programme. (Summative)

#### YEAR: 11

1 2 3 4 5 6 7  Unit 6: Leading sports Activities  Learning Aim A: the attributes associated with successful sports leadership	Unit 6: Leading sports Activities  Learning Aim A: the attributes associated with successful sports leadership  Learning Aim B: Undertake the planning and leading of sports activities	Unit 6: Leading sports Activities  Learning Aim B: Undertake the planning and leading of sports activities	22 23 24 25  Unit 6: Leading sports Activities  Learning Aim C: Review the planning and leading of sports activities	26 27 28 29 30 31	32 33 34 35 36 37 38 3
Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes	Key Themes	Key Themes	Key Themes	Key Themes	Key Themes
Assessment Method:	Assessment Method:  Unit 6 LAA: To produce a Newspaper article (Summative)  Unit 6 LAB: session plans, Observation statement, Video evidence, (Summative)	Assessment Method: Unit 6 LAB: Observation statement, Video evidence, (Summative)	Assessment Method: Unit 6 LAC: To produce a formal review of training programme (Summative)	Assessment Method:	Assessment Method:

### Key Stage 5

#### **YEAR: 12**

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Unit 1: Fitness For sport	Unit 1: Fitness For sport and	Unit 1: Fitness For sport	Unit 1: Fitness For	Unit 6: Leading sports	
and exercise:	exercise:	and exercise:	sport and exercise:	Activities	
		Learning Aim B:	Learning Aim C:		
Learning Aim A:	Learning Aim B:	1 – Requirements for	1 – Fitness testing	Learning Aim A: the attributes	
1 – Components of	1 – Requirements for training	training methods in (3)	methods	associated with successful	
physical fitness	methods in (3)	2 – Additional requirements	2 – Importance of	sports leadership	
2 – Components of skill	2 – Additional requirements for	for training methods in (3)	fitness testing		
related fitness	training methods in (3)	3 – Training methods for		Learning Aim B: Undertake the	
3 – why fitness	3 – Training methods for Flexibility,	aerobic endurance and	Unit 3: Applying the	planning and leading of sports	
components are	Strength, Muscular Endurance and	speed	principles of	activities	
important	Power:		personal training		
4 – Exercise intensity		Unit 3: Applying the		Learning Aim C: Review the	
5 – Principles of training		principles of personal	Learning Aim D:	planning and leading of sports	
6 – Additional Principles	Unit 2: Practical performance in	training	Review a personal	activities	
of training	sport		fitness training		
		Learning Aim B: The effects	programme		
Unit 2: Practical	Learning Aim B:	of the musculoskeletal and			
performance in sport	Practically demonstrate skills,	cardiorespiratory systems on	Unit 6: Leading		
	techniques and tactics in sport	the body during training.	sports Activities		
Learning Aim A:	B 1 : 1 /T 11 T : 1/E # #		. A: A (I		
Understand the rules,	Badminton/Table Tennis/ Football	Learning Aim C: Implement	Learning Aim A: the		
regulations and scoring	(GCSE PE practical specification	a self-designed personal	attributes associated		
systems of sports	used for skills to be taught)	fitness training programme	with successful sports		
La amaina a Airea Da	Laamina Aira C. Basiassanarta	to achieve own goals and	leadership		
Learning Aim B: Practically demonstrate	Learning Aim C: Review sports performance	objectives			
skills, techniques and	performance				
tactics in sport					
tactics in sport	Unit 3: Applying the principles of				
Badminton/Table Tennis/	personal training				
Football	personal danning				
(GCSE PE practical	Learning Aim A: Design a personal				
specification used for	fitness training programme				
skills to be taught)	national administration				
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Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts	Key Concepts
Key Themes	Key Themes	Key Themes	Key Themes	Key Themes	Key Themes
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