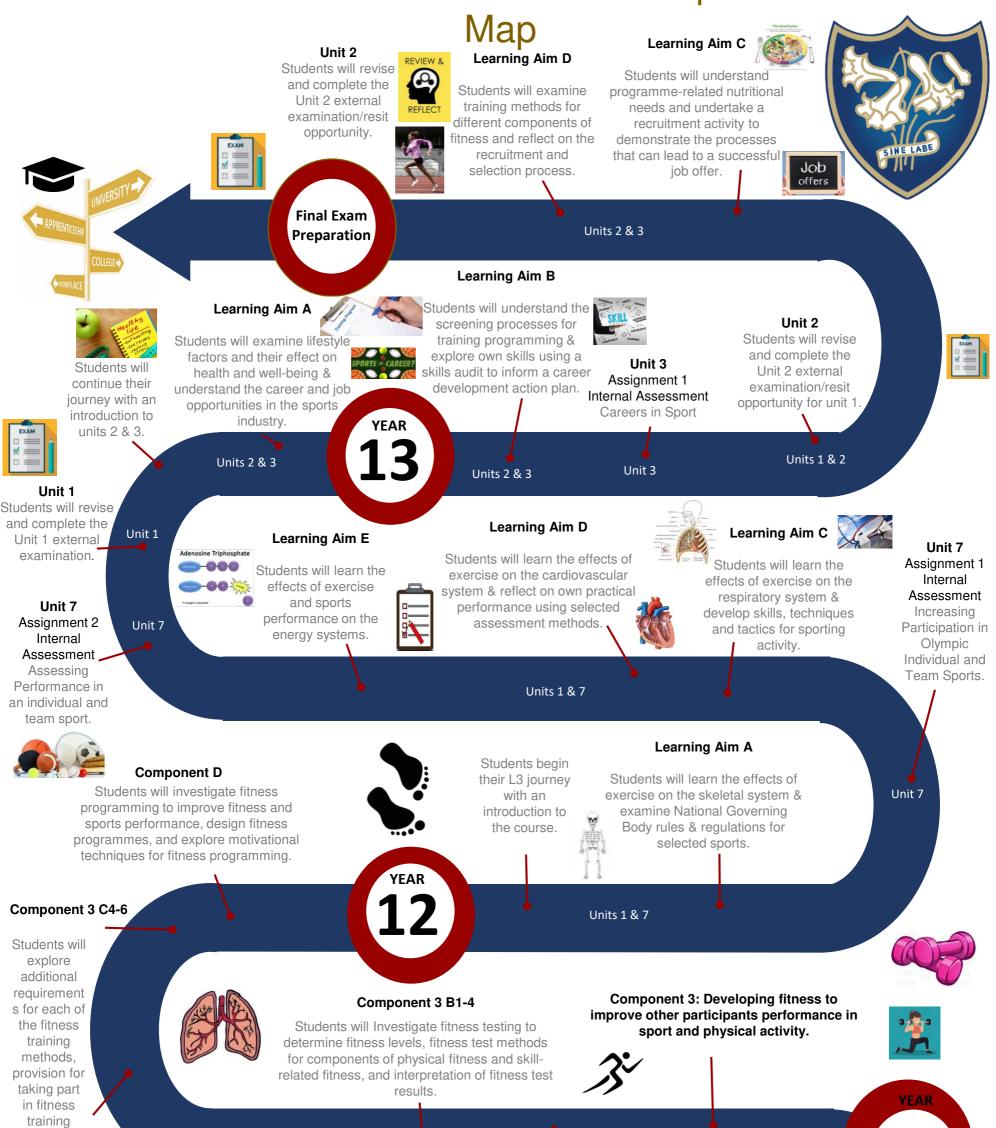
KS4 BTEC Tech award & KS5 BTEC Sport Curriculum



and the effects of long-term

methods

fitness training on the body systems.

EXAM



Component 3 C1-3

Students will investigate different training methods, fitness training methods for physical components of fitness and skill-related components of fitness.



Component 3 A1-3

Students will explore the importance of fitness for sports performance, fitness training principles, exercise intensity, and how it can be determined.

Learning outcome C

Students will demonstrate ways to improve participants' sporting techniques.

Students will revise and complete the Unit 1 online external examination.

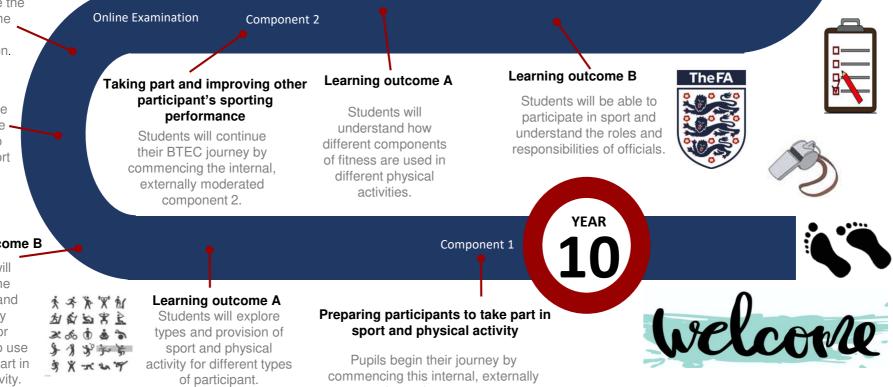
Learning outcome C

Students will be able to prepare – participants to take part in sport and physical activity.



Learning outcome B

Students will examine the equipment and technology required for participants to use when taking part in physical activity.



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Component 3