

KS4 & KS5 BTEC Sport Curriculum Map



Final Exam Preparation

YEAR 13

YEAR 12

YEAR 11

YEAR 10

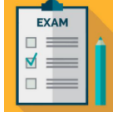
Unit 2
Students will revise and complete the Unit 2 external examination/resit opportunity.



Learning Aim D
Students will examine training methods for different components of fitness and reflect on the recruitment and selection process.

Learning Aim C

Students will understand programme-related nutritional needs and undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer.



Learning Aim A

Students will examine lifestyle factors and their effect on health and well-being & understand the career and job opportunities in the sports industry.

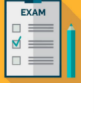


Students will understand the screening processes for training programming & explore own skills using a skills audit to inform a career development action plan.



Unit 2

Students will revise and complete the Unit 2 external examination/resit opportunity for unit 1.



Students will continue their journey with an introduction to units 2 & 3.

Units 2 & 3

Units 2 & 3

Unit 3

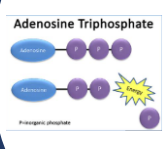
Units 1 & 2

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

Unit 1

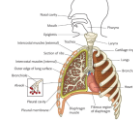
Learning Aim E

Students will learn the effects of exercise and sports performance on the energy systems.



Learning Aim D

Students will learn the effects of exercise on the cardiovascular system.



Learning Aim C

Students will learn the effects of exercise on the respiratory system.

Unit 4 Learning Aim A Assignment
Understand the roles, qualities and characteristics of an effective sports leader

Unit 4 Assignment 3 Internal Assessment
Explore effective leadership style when leading a sporting activity.

Unit 4

Units 1 & 4

Unit 4 Assignment 2 Internal Assessment
Examine the importance of psychological factors and their link with effective leadership



Unit 1 Learning Aims A & B
Students will learn the effects of exercise on the skeletal & muscular systems.



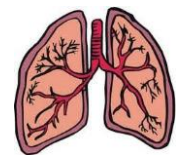
Unit 4

Component D

Students will investigate fitness programming to improve fitness and sports performance, design fitness programmes, and explore motivational techniques for fitness programming.

Component 3 C4-6

Students will explore additional requirements for each of the fitness training methods, provision for taking part in fitness training methods, and the effects of long-term fitness training on the body systems.



Component 3 B1-4

Students will investigate fitness testing to determine fitness levels, fitness test methods for components of physical fitness and skill-related fitness, and interpretation of fitness test results.

Component 3: Developing fitness to improve other participants performance in sport and physical activity.



Component 3

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.

Online Examination

Component 2

Taking part and improving other participant's sporting performance

Students will continue their BTEC journey by commencing the internal, externally moderated component 2.

Learning outcome A

Students will understand how different components of fitness are used in different physical activities.

Learning outcome B

Students will be able to participate in sport and understand the roles and responsibilities of officials.



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.



Learning outcome A

Students will explore types and provision of sport and physical activity for different types of participant.

Preparing participants to take part in sport and physical activity

Pupils begin their journey by commencing this internal, externally moderated assessment.

Component 1

KS3 Motor Competence Healthy Participation Rules Strategies and Tactics

welcome