

KS4 Curriculum Map	Subject	BTEC Sport
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Year 10 Autumn	Year 10 Spring	Year 10 Summer
<p><b>Unit 1 Examination Topic</b> <b>Fitness for Sport and Exercise</b></p> <p>Develop knowledge and understanding of</p> <ul style="list-style-type: none"> <li>• Physical and Skill components of Fitness</li> <li>• Types of Training</li> <li>• Principles of Training</li> <li>• Fitness Testing methods</li> <li>• Training Zones</li> </ul> <p>Higher attaining students able to link learning topics and apply to different Sports.</p> <p>Lower attaining students able to describe each topic./content and make links to Sport.</p> <p>Teaching / learning of sports content</p> <ul style="list-style-type: none"> <li>* Key Vocabulary/ Terminology</li> <li>* Relate to sports examples</li> <li>* Linking topic areas to show advance knowledge.</li> </ul>	<p><b>Unit 2 Coursework Topic</b> <b>Practical Sports Performance</b></p> <p>Students taught two selected Sports (to suit the needs of the class – based upon initial course questionnaire).</p> <p>Students develop knowledge and understanding of <b>rules / regulations</b> and <b>Scoring Systems</b> of two selected Sports.</p> <p>Students develop understanding of how to <b>officiate in Sport</b> and the responsibilities all officials must undertake before, during and after competitive matches</p> <p>Students able to <b>compare and contrast</b> two selected sports.</p> <p><u>Theory Coursework</u> – based on two selected sports chosen by the student</p>	<p>Students being to learn <b>skills</b> required to perform. Students must apply skills into <b>conditioned</b> and <b>competitive</b> scenarios.</p> <p>Students learn different <b>tactics</b> that can be applied to matches and apply them in a practical performance.</p> <p><u>Theory and practical Coursework</u> – based on the two selected sports chosen by the student.</p> <p>Students learn how to create a performance <b>observation checklist</b> to enable a <b>review of performance</b> to take place.</p> <p>Students identify conditioned practices that would enable performers to improve upon areas of weakness</p> <p><u>Theory Coursework</u> – based on two selected sports chosen by the student</p>

Year 11 Autumn	Year 11 Spring	Year 11 Summer
<p><b>Unit 2</b> Coursework topic <b>Leading Sports Activities</b></p> <p>Students learn about the <b>attributes and responsibilities</b> required to become a successful Sports Leader.</p> <p>Students relate to <b>two successful sports leaders</b>. They must identify the attribute used and evaluate the impact they have of sports sessions.</p> <p>Students <b>compare and contrast</b> two sports leaders to see how personal traits differ when leading sports sessions.</p> <p><u>Theory Coursework</u></p> <p>Students learn how to <b>plan and lead</b> a Sports Session to larger groups and students of different age / abilities.</p> <p>Students must demonstrate a range of attributes and responsibilities through practically leading sports activities.</p> <p>Analysing the difference between leading to different levels of ability, ages and personal needs</p> <p><u>Theory and practical Coursework</u> – based on leading sports sessions</p>	<p><b>Review/analyse</b> personal leadership.</p> <p>Identify areas of leadership strength / areas of weakness and recommend initiatives for future development.</p> <p><u>Theory Coursework</u></p> <p><b>Unit 3</b> Coursework/ synoptic topic <b>My Personal Fitness Training Programme: To Get Fit Quick</b></p> <p>Developing perseverance, resilience through high levels of challenge.</p> <p><b>Creating a training programme</b> to improve fitness for sports performance (links to Unit 1)</p> <p>Develop knowledge of how the Cardio – respiratory system work together to enable a performer to train effectively. Make links to training zones (unit 1).</p> <p><u>Theory Coursework</u></p> <p>Students to practically complete training programme</p> <p><u>Theory / practical Coursework</u></p>	<p>Students complete a <b>training diary</b> based on performance to review and evaluate progress</p> <p><u>Theory Coursework</u></p> <p>Students complete a <b>review of training programme</b> design, identify areas of strengths and areas for improvement as well as recommendations for future practice.</p> <p><u>Theory Coursework</u></p>

