



BTEC Sport Curriculum

Year group	Topics and Key Learning Points
Year 9	<p>Unit 2: Practical Sports Performance Understand the rules, regulations and scoring systems for selected sports:</p> <ul style="list-style-type: none"> - Application of the rules/laws of sports in different situations - Roles and responsibilities of officials <p>Practically demonstrate skills, techniques and tactics:</p> <ul style="list-style-type: none"> - Technical demands - Tactical demands - Safe and appropriate participation - Relevant skills and techniques - Relevant tactics - Effective use of skills and techniques - Isolated practices - Conditioned practices - Competitive situations <p>Be able to review sports performance:</p> <ul style="list-style-type: none"> - Observation checklist - Review performance - <p>Unit 1: Fitness for Sport and Exercise</p> <ul style="list-style-type: none"> - Components of physical fitness - Components of skill-related fitness - Why fitness components are important for successful participation <ul style="list-style-type: none"> - Exercise intensity and how it can be determined - Principles of training - Fitness training methods - Fitness testing
Year 10	<p>Unit 5: Training for Personal Design a personal fitness training programme:</p> <ul style="list-style-type: none"> - Personal information to aid training programme design - Principles of training (FITT) - Programme design <p>Know about exercise adherence factors and strategies for continued training success:</p> <ul style="list-style-type: none"> - Factors - Strategies

	<p>Safely implement a personal fitness training programme:</p> <ul style="list-style-type: none"> - Training diary for each session - Measures for success Review programme
Year 11	<p>Unit 6: Leading Sports Activities</p> <p>Know the attributes associated with successful sports leadership:</p> <ul style="list-style-type: none"> - Attributes - Responsibilities <p>Undertake the planning and leading of sports activities:</p> <ul style="list-style-type: none"> - Components of sports activity session – - Plan - Lead - Measures of success <p>Review the planning and leading of sports activities:</p> <ul style="list-style-type: none"> - Review - Targets for development