



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.	<p>Learners will develop their knowledge and understanding of the components of fitness required for physical activities and sports and how each can be measured.</p> <p>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</p>	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.

	optimise training and helping to prevent injury.				
--	--	--	--	--	--

YEAR: 9

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			
<p>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</p> <p>Unit 2: Practical performance in sport Learning Aim B: Practically demonstrate skills, techniques and tactics in sport</p> <p>Badminton/Table Tennis/ Football (GCSE PE practical specification used for skills to be taught)</p>							<p>Unit 1: Fitness For sport and exercise: Learning Aim A: 4 – Exercise intensity 5 – Principles of training 6 – Additional Principles of training</p> <p>Unit 2: Practical performance in sport Learning Aim B: Practically demonstrate skills, techniques and tactics in sport</p> <p>Badminton/Table Tennis/ Football (GCSE PE practical specification used for skills to be taught)</p>							<p>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 for Flexibility, Strength, Muscular Endurance and Power:</p> <p>Unit 2: Practical performance in sport Learning Aim B: Practically demonstrate skills, techniques and tactics in sport</p> <p>Badminton/Table Tennis/ Football (GCSE PE practical specification used for skills to be taught)</p>							<p>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 for aerobic endurance and speed</p> <p>Unit 2: Practical performance in sport Learning Aim B: Practically demonstrate skills, techniques and tactics in sport</p> <p>Badminton/Table Tennis/ Football (GCSE PE practical specification used for skills to be taught)</p>							<p>Unit 1: Fitness For sport and exercise: Learning Aim C: 1 – Fitness testing methods 2 – Importance of fitness testing</p> <p>Unit 2: Practical performance in sport Learning Aim B: Practically demonstrate skills, techniques and tactics in sport</p> <p>Badminton/Table Tennis/ Football (GCSE PE practical specification used for skills to be taught)</p>							<p>Unit 1: Fitness For sport and exercise: Learning Aim C: 3 – Requirements for administration 4 – Interpretation of test results</p> <p>Unit 2: Practical performance in sport Learning Aim B: Practically demonstrate skills, techniques and tactics in sport</p> <p>Badminton/Table Tennis/ Football (GCSE PE practical specification used for skills to be taught)</p>						
Key Concepts							Key Concepts							Key Concepts							Key Concepts							Key Concepts													
Key Themes							Key Themes							Key Themes							Key Themes							Key Themes													
Assessment Method: Unit 1: Formative and summative quizzes/tests							Assessment Method: Unit 1: Formative and summative quizzes/tests							Assessment Method: Unit 1: Formative and summative quizzes/tests							Assessment Method: Unit 1: Formative and summative quizzes/tests							Assessment Method: 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	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

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:							Unit 2: Practical performance in sport							Unit 2: Practical performance in sport					Unit 3: Applying the principles of personal training					Unit 3: Applying the principles of personal training														
Learning Aim A, B and C. Exam revision and preparation.							Learning Aim A: Understand the rules, regulations and scoring systems of sports Badminton/Table Tennis/ Football							Learning Aim C: Review sports performance Badminton/Table Tennis/ Football					Learning Aim A: Design a personal fitness training programme					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					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									
Unit 2: Practical performance in sport Learning Aim B: Obtaining video and photographic evidence of skills, techniques and tactics.																																						
Badminton/Table Tennis/ Football																																						
Key Concepts							Key Concepts							Key Concepts					Key Concepts					Key Concepts														
[Color blocks]							[Color blocks]							[Color blocks]					[Color blocks]					[Color blocks]														
Key Themes							Key Themes							Key Themes					Key Themes					Key Themes														
[Color blocks]							[Color blocks]							[Color blocks]					[Color blocks]					[Color blocks]														
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	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 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					Unit 6: Leading sports Activities Learning Aim C: Review the planning and leading of sports activities																			
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

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 4 – Exercise intensity 5 – Principles of training 6 – Additional Principles of training Unit 2: Practical performance in sport Learning Aim A: Understand the rules, regulations and scoring systems of sports 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 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) Learning Aim C: Review sports performance Unit 3: Applying the principles of personal training Learning Aim A: Design a personal fitness training programme							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 for aerobic endurance and speed 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 1: Fitness For sport and exercise: Learning Aim C: 1 – Fitness testing methods 2 – Importance of fitness testing Unit 3: Applying the principles of personal training Learning Aim D: Review a personal fitness training programme 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 Learning Aim C: Review the planning and leading of sports activities													
Key Concepts							Key Concepts							Key Concepts							Key Concepts							Key Concepts													
Key Themes							Key Themes							Key Themes							Key Themes							Key Themes													

<p>Assessment Method:</p> <p>Unit 1: Formative and summative quizzes/tests</p> <p>Unit 2 LAA: To produce leaflets identifying rules, regulations and scoring systems of 2 selected sports. (Summative)</p> <p>Unit 2 LAB: Observation statement, Video evidence, Presentation on performance in 2 sports. (Summative)</p>	<p>Assessment Method:</p> <p>Unit 1: Formative and summative quizzes/tests</p> <p>Unit 2 LAB: Observation statement, Video evidence, Presentation on performance in 2 sports. (Summative)</p> <p>Unit 2 LAC: To produce a formal review of own performance in 2 sports (Summative)</p> <p>Unit 3 LAA: To produce a 6 week training programme (Formative)</p>	<p>Assessment Method:</p> <p>Unit 1: Formative and summative quizzes/tests</p> <p>Unit 3 LAB: To produce 2 posters explaining the effects of training. (Summative)</p> <p>Unit 3 LAC: Observation statement, Video evidence, training log. (Formative)</p>	<p>Assessment Method:</p> <p>Unit 1 – Summative assessment – BTEC Unit 1 exam</p> <p>Unit 3 LAC: Observation statement, Video evidence, training log. (Summative)</p> <p>Unit 3 LAD: To produce a formal review of training programme (Summative)</p> <p>Unit 6 LAA: To produce a Newspaper article (Formative)</p>	<p>Assessment Method:</p> <p>Unit 6 LAA: To produce a Newspaper article (Summative)</p> <p>Unit 6 LAB: session plans, Observation statement, Video evidence, (Summative)</p> <p>Unit 6 LAC: To produce a formal review of training programme (Summative)</p>	<p>Assessment Method:</p>
--	---	---	--	---	----------------------------------