

# Bellerive FCJ Catholic College



Department: BTEC Tech Level 1 and 2 Sport

Year Group: 11

Term	Learning Focus	Key Knowledge and Skills	Assessment	Challenge and Enrichment
Autumn term	<p><b>Component 2 Taking Part and Improving Other Participants Sporting Performance</b></p> <p><b>Component 3 Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity</b></p>	<p><b>Component 2</b> Further development of learning outcome A-C</p> <p><b>Component 3</b> <b>A Explore the importance of fitness for sports performance</b> A1 The importance of fitness for successful participation in sport A2 Fitness training principles A3 Exercise intensity and how it can be determined</p>	<p><b>Component 2:</b> Non-exam internal assessment set by Pearson</p>	<p>Extracurricular clubs for a wide range of sports and activities</p> <p>Opportunities to take part in competitions at different levels :</p> <ul style="list-style-type: none"> <li>Local city</li> <li>Local LSSP</li> </ul> <p>Research into sports linking to components of fitness</p>
Spring term	<p><b>Component 3</b></p>	<p><b>Component 3</b> <b>B Investigate fitness testing to determine fitness levels</b> B1 Importance of fitness testing and requirements for administration of each fitness test B2 Fitness test methods for components of physical fitness B3 Fitness test methods for components of skill-related fitness B4 Interpretation of fitness test results</p> <p><b>C Investigate different fitness training methods</b> C1 Requirements for each of the following fitness training methods C2 Fitness training methods for physical components of fitness C3 Fitness training methods for skill-related components of fitness C4 Additional requirements for each of the fitness training methods</p>	<p>Assessments based around past paper questions both in class and assessed homework</p> <p>Full paper mock in March</p>	<p>Research into rules and regulations of sports and roles of officials</p> <p>Research into drills and practices for different sports</p>

		C5 Provision for taking part in fitness training methods C6 The effects of long-term fitness training on the body systems  <b>D Investigate fitness programming to improve fitness and sports performance</b> D1 Personal information to aid fitness training programme design D2 Fitness programme design D3 Motivational techniques for fitness programming		
Summer term	<b>Component 3</b>	Consolidation and revision of component 3	External exam for component 3	