

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	Component 2 Taking Part and Improving Other Participants Sporting Performance Component 3 Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity	Component 2 Further development of learning outcome A-C Component 3 A Explore the importance of fitness for sports performance A1 The importance of fitness for successful participation in sport A2 Fitness training principles A3 Exercise intensity and how it can be determined	Component 2: Non-exam internal assessment set by Pearson	Extracurricular clubs for a wide range of sports and activities Opportunities to take part in competitions at different levels : <ul style="list-style-type: none"> • Local city • Local LSSP Research into sports linking to components of fitness
Spring term	Component 3	Component 3 B Investigate fitness testing to determine fitness levels 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 C Investigate different fitness training methods 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	Assessments based around past paper questions both in class and assessed homework Full paper mock in March	Research into rules and regulations of sports and roles of officials Research into drills and practices for different sports

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