

Subject Overview – Sport Faculty



	Term 1	Term 2	Term 3
Year 10 BTEC First Award in Sport	Unit 1 – Fitness for Sport and Exercise (Online exam) Unit 1: Fitness for Sport and Exercise <u>External Exam</u> Content: <ul style="list-style-type: none"> <i>Components of fitness and principles of training</i> <i>Fitness training methods</i> <i>Fitness testing</i> 	Unit 1 – Fitness for Sport and Exercise (Online exam) Unit 2: Practical performance in sport <u>Practical and Coursework</u> <ul style="list-style-type: none"> <i>Rules and regulations of sport</i> <i>Practical skills and techniques</i> <i>Reviewing performance</i> 	Unit 2 – Practical Sports Performance in Sport
Year 11 BTEC First Award in Sport	Unit 3: Applying the principles of Personal Training <u>Practical and Coursework</u> <ul style="list-style-type: none"> Personal training programmes Musculoskeletal System Cardiorespiratory system Review of personal training 	Unit 3: Applying the principles of Personal Training Unit 6: Leading Sports Activities <u>Practical and Coursework</u> <ul style="list-style-type: none"> Attributes of a successful leader Planning, leading and reviewing activity sessions 	Unit 6 – Leadership in Sports Activities

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Year 7	<ul style="list-style-type: none"> • Baseline Testing • Students will cover 2 of the following sports - Football, Rugby, Netball, Basketball, Trampolining, Gymnastics and Hockey. 	<ul style="list-style-type: none"> • Students will cover 4 of the following sports - Fitness, Basketball, Netball, Cricket, Hockey and Rugby. 	<ul style="list-style-type: none"> • Students will cover 4 of the following sports – Softball, Rounders, Athletics, Tennis and Cricket.
Year 8	<ul style="list-style-type: none"> • Students will cover 4 of the following sports – Fitness Suite, Football, Basketball, Badminton, Netball, Cricket, Handball, Trampolining, Gymnastics and Rugby. 	<ul style="list-style-type: none"> • Students will cover 4 of the following sports – Fitness Suite, Fitness, Football, Basketball, Badminton, Netball, Cricket, Handball, Trampolining, Gymnastics and Rugby. 	<ul style="list-style-type: none"> • Students will cover 4 of the following sports – Fitness Suite, Softball, Rounders, Athletics, Tennis and Cricket.
Year 9	<ul style="list-style-type: none"> • Students will cover 4 of the following sports – Dance, Volleyball, Fitness Suite, Football, Basketball, Badminton, Netball, Cricket, Handball, Trampolining, Gymnastics and Rugby. 	<ul style="list-style-type: none"> • Students will cover 4 of the following sports – Dance, Volleyball, Fitness Suite, Football, Basketball, Badminton, Netball, Cricket, Handball, Trampolining, Table tennis, Rounders, Gymnastics and Rugby. 	<ul style="list-style-type: none"> • Students will cover 4 of the following sports – Fitness, Dance, Fitness Suite, Softball, Rounders, Athletics, Tennis and Cricket.
Year 10	<ul style="list-style-type: none"> • Performance Pathway – pupils develop and refine their skills and techniques in an invasion game, whilst improving their personal levels of fitness in Sam’s gym. 	<ul style="list-style-type: none"> • Performance Pathway – pupils develop and refine their skills, techniques and tactical awareness in one team and one individual game. 	<ul style="list-style-type: none"> • Performance Pathway – pupils develop and refine their skills and techniques in striking and fielding and athletic activities, whilst expanding their leadership opportunities through officiating and coaching.

	<ul style="list-style-type: none"> • Competition Pathway – pupils compete against each other in their set teams in two invasion games, with a clear focus on team sports and a competitive edge. • Recreation Pathway – pupils participate in a variety of activities to find a specific activity of interest with a clear on focus on enjoyment and leading a healthy, active lifestyle. 	<ul style="list-style-type: none"> • Competition Pathway – pupils compete against each other in their set team in one invasion game and then against one another one individual game with a clear focus on team sports and a competitive edge. • Recreation Pathway – pupils participate in a variety of activities to find a specific activity of interest with a clear on focus on enjoyment and a leading a healthy, active lifestyle. 	<ul style="list-style-type: none"> • Competition Pathway – pupils compete against each other in their set teams in a variety of striking and fielding activities, with a clear focus on team sports and a competitive edge. • Recreation Pathway – pupils participate and officiate in a variety of striking and fielding activities with a clear on focus on enjoyment, leadership and leading a healthy, active lifestyle.
Year 11	<ul style="list-style-type: none"> • Performance Pathway – pupils develop and refine their skills and techniques in an invasion game, whilst improving their personal levels of fitness in Sam’s gym. • Competition Pathway – pupils compete against each other in their set teams in two invasion games, with a clear focus on team sports and a competitive edge. • Recreation Pathway – pupils participate in a variety of activities to find a specific 	<ul style="list-style-type: none"> • Performance Pathway – pupils develop and refine their skills, techniques and tactical awareness in one team and one individual game. • Competition Pathway – pupils compete against each other in their set team in one invasion game and then against one another one individual game with a clear focus on team sports and a competitive edge. 	<ul style="list-style-type: none"> • Performance Pathway – pupils develop and refine their skills and techniques in striking and fielding and athletic activities, whilst expanding their leadership opportunities through officiating and coaching. • Competition Pathway – pupils compete against each other in their set teams in a variety of striking and fielding activities, with a clear focus on team sports and a competitive edge. • Recreation Pathway – pupils participate and officiate in a

	<p>activity of interest with a clear on focus on enjoyment and leading a healthy, active lifestyle.</p>	<ul style="list-style-type: none">• Recreation Pathway – pupils participate in a variety of activities to find a specific activity of interest with a clear on focus on enjoyment and a leading a healthy, active lifestyle.	<p>variety of striking and fielding activities with a clear on focus on enjoyment, leadership and leading a healthy, active lifestyle.</p>
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