

KS4 BTEC Sport Curriculum

Level 1/2 - BTEC First Award in Sport		
Year 10	<p><u>Unit 2</u> <u>Practical Sports Performance</u></p> <ul style="list-style-type: none"> ⚽ Rules, Regulations, Scoring ⚽ Responsibilities of officials ⚽ Technical and Tactical ⚽ Analysis of performance <p><i>This unit is assessed through coursework and practical performance.</i></p>	<p><u>Unit 1</u> <u>Fitness for Sport and Exercise</u></p> <ul style="list-style-type: none"> ⚽ Physical Fitness Components ⚽ Skill Fitness Components ⚽ Exercise Intensity ⚽ Training Principles ⚽ Training Methods ⚽ Fitness Testing <p><i>This is an online exam worth 60 marks and is 1hr 15min long.</i></p>
Year 11	<p><u>Unit 3</u> <u>Applying the Principles of Personal Training</u></p> <ul style="list-style-type: none"> ⚽ Designing a personal fitness programme ⚽ Musculoskeletal and cardiorespiratory effects of training ⚽ Training diary ⚽ Measurement and review of success <p><i>This unit is a 'synoptic' assessment and requires all previous learning on your course to complete it successfully.</i></p>	<p><u>Unit 6</u> <u>Leading Sports Activities</u></p> <ul style="list-style-type: none"> ⚽ Skills, qualities and responsibilities ⚽ Session planning ⚽ Delivering a session ⚽ Reviewing a session <p><i>This unit is assessed through coursework and practical performance.</i></p>

This is your BTEC Sport curriculum learning journey.

You will need to retrieve knowledge and demonstrate skills and techniques from your KS3 PE curriculum.

Grades for assessment; Distinction / Merit / Pass / L1 Pass / Fail