

BTEC Tech Sport Curriculum: Long Term Plan

Brief overview

BTEC TECH Award in Sport Y10

| Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Unit title | <p style="text-align: center;">Component 1A</p> <p>Explore types and provision of sport and physical activity for different types of participants. GLH: 1 x Practical; 2 x Theory Lessons</p> <p>Types and providers of sport and physical activities</p> <ul style="list-style-type: none"> Types of sport and physical activity Outdoor activities Physical fitness activities Benefits of sport and physical activities Provision of sport and physical activity Characteristics of provision sectors Advantages and disadvantages of provision sectors. <p>Types and needs of sport and physical activity participants</p> <ul style="list-style-type: none"> Age of participants Disabled participants Participants with long-term health conditions Physical activity needs of participants <p>Barriers to participation in sport and physical activity</p> <ul style="list-style-type: none"> Cost of participation Access to sport and physical activity Time barriers Personal barriers Cultural barriers <p>Methods to address barriers to participation in sport and physical activity for different types of participants</p> <ul style="list-style-type: none"> Cost Access | <p style="text-align: center;">Component 1B</p> <p>Examine equipment and technology required for participants to use when taking part in sport and physical activity. GLH: 1 x Practical; 2 x Theory Lessons</p> <p>Different types of sports clothing and equipment required for participation in sport and physical activity</p> <ul style="list-style-type: none"> Clothing Footwear Sport-specific equipment Protection and safety equipment Equipment for people with disabilities Assistive technology Facilities Officiating equipment Performance analysis <p>Different types of technology and their benefits to improve sport and physical activity participation and performance</p> <ul style="list-style-type: none"> Clothing Footwear Sport-specific equipment Protection and safety equipment Equipment for people with disabilities Assistive technology Facilities Officiating Performance analysis <p>Limitations of using technology in sport and physical activity</p> <ul style="list-style-type: none"> Time Access to technology Cost of technology Accuracy of data Usability | <p style="text-align: center;">Component 1C</p> <p>Preparing participants to take part in sport and physical activity GLH: 1 x Practical; 2 x Theory Lessons</p> <p>Planning a warm-up</p> <ul style="list-style-type: none"> Types of pulse raiser activities Types of mobilisers activities Types of preparation stretch activities Response of the cardiorespiratory system Response of the musculoskeletal system <p>Adapting a warm-up for different categories of participants and different types of physical activities</p> <ul style="list-style-type: none"> Adapting warmups for different categories of participants Adapting warmups for specific physical activities <p>Delivering a warm-up to prepare participants for physical activity</p> <ul style="list-style-type: none"> Organisation and demonstration of activities Supporting participants as they take part in the warmup | <p style="text-align: center;">Component 1 – video evidence collection.</p> <p style="text-align: center;">Component 1 PSA window</p> <p style="text-align: center;">Assessment preparation</p> <p style="text-align: center;">1A, 1B and 1C internal assessment.</p> <p style="text-align: center;">Resubmissions</p> | <p style="text-align: center;">COMPONENT 1 MODERATION</p> <p style="text-align: center;">Component 2A</p> <p>Understand how different components of fitness are used in different physical activities GLH: 1 x Practical; 2 x Theory Lessons</p> <p>Components of physical fitness</p> <ul style="list-style-type: none"> Aerobic endurance Muscular endurance Muscular strength Speed Flexibility Body composition <p>Components of skill-related fitness</p> <ul style="list-style-type: none"> Power Agility Reaction time Balance Coordination <p style="text-align: center;">Component 2B</p> <p>Be able to participate in sport and understand the roles and responsibilities of officials GLH: 2 x Practical; 1 x Theory Lessons</p> <p>Techniques, strategies, and fitness required for different sports</p> <ul style="list-style-type: none"> Skills Strategies Isolated practices Competitive situations <p>Officials in sport</p> <ul style="list-style-type: none"> Key officials and their roles in competitions Responsibilities of the officials | <p style="text-align: center;">Component 2B Cont'd</p> <p>Be able to participate in sport and understand the roles and responsibilities of officials GLH: 2 x Practical; 1 x Theory Lessons</p> <p>Rules and regulations in sports</p> <ul style="list-style-type: none"> National governing bodies Number of players Length of play Scoring systems Playing areas Equipment Start and restart of play Non-adherence to rules Application of rules and regulations <p style="text-align: center;">Component 2C</p> <p>Demonstrate ways to improve participants sporting techniques. GLH: 2 x Practical; 1 x Theory Lessons</p> <p>Planning drills and conditioned practices to develop participants' sporting skills</p> <ul style="list-style-type: none"> Drills that can be used to improve specific techniques in different sports Conditioned practices Demonstrations of the technique Teaching points <p>Drills to improve sporting performance</p> <ul style="list-style-type: none"> Organisation and demonstration of drills and conditioned practices to participants supporting participants taking part in practical drills and conditioned practices |

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| | <ul style="list-style-type: none"> • Time • Personal barriers • Cultural barriers | | | | | Component 2 – video evidence collection. |
| Core declarative knowledge | <p>Knowing the different types of sport and physical activity.</p> <p>Knowing the benefits of sport and physical activity.</p> <p>Knowing the characteristics of the different providers of sport and physical activity.</p> <p>Knowing the different types and needs of participants.</p> <p>Knowing the different barriers to participation in sport and physical activity.</p> <p>Knowing ways we can help individuals to overcome barriers to participation.</p> | <p>Knowing the different types of clothing and footwear used in physical activity.</p> <p>Knowing the different types of equipment used in physical activity.</p> <p>Knowing the different accessible equipment to make physical activity more inclusive.</p> <p>Knowing the different equipment needed to officiate different physical activities.</p> <p>Knowing the different facilities available to take part in physical activities.</p> <p>Knowing the technology used for performance analysis in physical activities.</p> <p>Knowing the benefits of technology and equipment in sport.</p> <p>Knowing the limitations of using technology in physical activity.</p> | <p>Knowing the different sections of a warm-up.</p> <p>Knowing the different exercises that could be included in the pulse raiser section of a warm-up.</p> <p>Knowing the different exercises that could be included in the mobiliser section of a warm-up.</p> <p>Knowing the different exercises that could be included in the preparation stretches section of a warm-up.</p> <p>Knowing the location of the major muscles of the body.</p> <p>Knowing the difference between dynamic and static stretches.</p> <p>Knowing the difference between simple and compound stretches.</p> <p>Knowing the responses of the cardiorespiratory system to the pulse raisers, mobilisers and preparation stretch exercises in a warm-up.</p> <p>Knowing the responses of the musculoskeletal system to the pulse raisers, mobilisers and preparation stretch exercises in a warm-up.</p> <p>Knowing the changes in responses of the cardiorespiratory system with each section of the warm-up.</p> <p>Knowing the changes in responses of the musculoskeletal system with each section of the warm-up.</p> <p>Knowing the skills, qualities, and attributes of a good leader.</p> <p>Knowing the different adaptations, you can use for warm-ups.</p> | <p>All of the declarative knowledge stated in Autumn 1, Autumn 2 and Spring 1.</p> | <p>Knowing the different components of fitness.</p> <p>Knowing the impact of each component of fitness on sporting performance.</p> | <p>Knowing the different technical skills, tactics and strategies, and components of fitness required for their chosen sport.</p> <p>Knowing the different officials used in sport.</p> <p>Knowing the roles and responsibilities of each official.</p> <p>Knowing the rules and regulations that govern different sports.</p> |

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| <p style="text-align: center;">Core procedural knowledge</p> | <p>Knowing how to prepare participants for physical activity.</p> <p>Knowing how to be safe when taking part in physical activity.</p> <p>Knowing how to take part in a variety of physical activities (team sport, individual sport, physical fitness and outdoor and adventurous activities)</p> | <p>Knowing how to use equipment for different physical activities.</p> <p>Knowing how to use officiating equipment.</p> <p>Knowing how to use performance analysis equipment.</p> | <p>Knowing how to plan a warm-up.</p> <p>Knowing how to perform a variety of pulse raiser exercises with good technique.</p> <p>Knowing how to perform a variety of mobiliser exercises with good technique.</p> <p>Knowing how to perform a variety of preparation stretches with good technique.</p> <p>Knowing how to demonstrate exercises to others.</p> <p>Knowing how to support others during a warm-up.</p> <p>Knowing how to organise a warm-up.</p> <p>Knowing how to lead a warm-up.</p> | <p>Knowing how to plan and prepare for assessments.</p> <p>Knowing how to write a report.</p> <p>Knowing how to analyse case studies.</p> <p>Knowing how to lead activities.</p> <p>Knowing how to create a PowerPoint.</p> | <p>Knowing how to apply each component of fitness to their choice of sport.</p> <p>Knowing how to improve each component of fitness.</p> | <p>Knowing how to demonstrate the different skills in their chosen sport.</p> <p>Knowing how to demonstrate and apply the different tactics and strategies in their chosen sport.</p> <p>Knowing how to set up and organise isolated practices for their chosen sport.</p> <p>Knowing how to set up and organise competitive situations for their chosen sports.</p> <p>Knowing how to apply their skills and knowledge of their chosen sport in competitive situations.</p> <p>Knowing how to officiate their chosen sport.</p> <p>Knowing how to apply the rules of their chosen sport when officiating.</p> |
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Brief overview

**BTEC TECH Award in Sport
Y11**

| Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Unit title | <p>Component 2 – video evidence collection.</p> <p>Component 2 PSA Window</p> <p>Assessment preparation</p> <p>2A, 2B and 2C internal assessments.</p> <p>Resubmissions</p> | <p>Component 2 MODERATION</p> <p>Component 3A</p> <p>Explore the importance of fitness for sports performance. GLH: 1 X Practical; 2 x Theory Lessons</p> <p>The importance of fitness for successful participation in sport</p> <ul style="list-style-type: none"> • Aerobic endurance • Muscular endurance • Muscular strength • Speed • Flexibility • Body composition • Power • Agility • Reaction time • Balance • Coordination <p>Fitness training principles</p> <ul style="list-style-type: none"> • FITT principles • Additional principles of training <p>Exercise intensity and how it can be determined</p> <ul style="list-style-type: none"> • Intensity • Target zones and training thresholds • The Borg (6-20) Rating of Perceived Exertion • Relationship between heart rate and RPE • Calculate 1RM for strength and 15RM for muscular endurance • Technology to measure exercise intensity | <p>Component 3B</p> <p>Investigate fitness testing to determine fitness levels. GLH: 1 x Practical; 2 x Theory Lessons</p> <p>Importance of fitness testing and requirements for administration of each fitness test</p> <ul style="list-style-type: none"> • Reasons for fitness testing • Pre-test procedures • Knowledge of published standard test methods and equipment • Accurate measurement and recording of test results • Interpretation of test results • Select tests for given purposes and participants • Reliability of tests • Validity of results • Practicality <p>Fitness test methods for components of physical fitness</p> <ul style="list-style-type: none"> • Multi-stage fitness test • Yo-yo test • Harvard step test • 12-minute cooper run or swim • One-minute press-up • One-minute sit-up • Timed plank test • Sit and reach test • Calf muscle flexibility test • Shoulder flexibility test • 30-metre sprint test • 30-metre flying sprint • Grip dynamometer • 1 rep max • Body mass index • Bioelectrical impedance analysis • Waist to hip ratio <p>Fitness test methods for components of skill-related fitness</p> <ul style="list-style-type: none"> • Illinois agility test | <p>Component 3C</p> <p>Investigate different fitness training methods GLH: 1 x Practical; 2 x Theory Lessons</p> <p>Requirements for each of the following fitness training methods</p> <ul style="list-style-type: none"> • Warmups • Cool downs • Linking fitness training method to components of fitness • Application of the principles of training to each training method • Application of appropriate training intensities for training methods <p>Fitness training methods for physical components of fitness</p> <ul style="list-style-type: none"> • Continuous training • Fartlek training • Interval training • Circuit training • Static active stretches • Static passive stretches • Proprioceptive neuromuscular facilitation • Free weights and fixed resistance machines • Acceleration sprints • Resistance drills <p>Fitness training methods for skill-related components of fitness</p> <ul style="list-style-type: none"> • SAQ training • Plyometrics • Specific training exercises for balance • Specific training exercises for coordination | <p>Component 3D</p> <p>Investigate fitness programming to improve fitness and sports performance GLH: 1 x Practical; 2 x Theory</p> <p>Investigate fitness programming to improve fitness and sports performance</p> <ul style="list-style-type: none"> • Aims • Objectives • Lifestyle and physical activity history • Attitudes, the mind and personal motivation for training <p>Fitness programme design</p> <ul style="list-style-type: none"> • Personal information to aid programme design • Selection of appropriate training method/activity • Application of the training principles <p>Motivational techniques for fitness programming</p> <ul style="list-style-type: none"> • Types of motivation • Goal setting • SMARTER targets • Motivation • Benefits of motivation <p>Component 3 Exam</p> <p>Revision lessons</p> <p>Exam date: MAY</p> | |

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| | | | <ul style="list-style-type: none"> • T test • Stork stand test • Y balance test • Alternate-hand wall-toss test • Stick flip coordination test • Vertical jump test • Standing long/broad jump • Margaria-Kalamen power test • Ruler drop test • Online reaction time test <p>Interpretation of fitness test results</p> <ul style="list-style-type: none"> • Comparison to normative data • Analyse and evaluate test results • Recommendations for improvements to fitness based on results | <ul style="list-style-type: none"> • Specific training exercises for reaction time <p>Additional requirements for each of the fitness training methods</p> <ul style="list-style-type: none"> • Advantages and disadvantages <p>Provision for taking part in fitness training methods</p> <ul style="list-style-type: none"> • Public provision • Private provision • Voluntary provision <p>The effects of long-term fitness training on the body systems</p> <ul style="list-style-type: none"> • Aerobic endurance training • Flexibility training • Muscular endurance training • Muscular strength and power training • Speed training | | |
| Core declarative knowledge | <p>Knowing the drills that could be used to improve skill technique in their chosen sport.</p> <p>Knowing the different conditioned practices that could be used to improve performance in their chosen sport.</p> <p>Knowing the key teaching points for different sporting skills in their chosen sport.</p> | <p>Knowing the components of fitness.</p> <p>Knowing the importance of the components of fitness for different types of sport.</p> <p>Knowing the basic principles of training.</p> <p>Knowing the additional principles of training.</p> <p>Knowing what exercise intensity is.</p> <p>Knowing the different target zones and training thresholds.</p> <p>Knowing the Borg scale.</p> <p>Knowing the relationship between RPE and heart rate.</p> <p>Knowing what 1RM and 15RM is.</p> <p>Knowing the different types of technology used to measure exercise intensity.</p> | <p>Knowing the different components of fitness.</p> <p>Knowing the different fitness tests for each component of fitness.</p> <p>Knowing why we use fitness testing.</p> <p>Knowing the pre-test procedures for fitness testing.</p> <p>Knowing the published standard test methods and equipment.</p> <p>Knowing the factors that affect the reliability of a test.</p> <p>Knowing the validity and practicality of each fitness test.</p> | <p>Know the components of fitness.</p> <p>Knowing the different types of training methods for each component of fitness.</p> <p>Knowing the different requirements for each fitness training method.</p> <p>Know the links between each fitness training method and component of fitness.</p> <p>Know the principles of fitness.</p> <p>Know what exercise intensity is.</p> <p>Know the advantages and disadvantages of each fitness training method.</p> <p>Know the types of provision for taking part in fitness training methods.</p> | <p>Know what personal information should be included when designing a fitness programme.</p> <p>Know what sections are included when designing a fitness programme.</p> <p>Knowing the different types of motivation.</p> <p>Know what SMARTER goals are.</p> <p>Know what long- and short-term targets are.</p> <p>Know the benefits of motivation for sports performers.</p> <p>Knowing the different revision techniques for exam preparation.</p> | |

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| | | | | <p>Know the function and structure of the cardiorespiratory and musculoskeletal systems.</p> <p>Know the effects of long-term fitness training on the musculoskeletal and cardiorespiratory systems.</p> | | |
| <p>Core procedural knowledge</p> | <p>Knowing how to perform different drills to improve sporting technique in their chosen sport.</p> <p>Knowing how to set up and organise conditioned practices for their chosen sport.</p> <p>Knowing how to demonstrate the skills required for their chosen sport.</p> <p>Knowing how to support others with their technique of skills within their chosen sport.</p> <p>Knowing how to lead sporting activities to others.</p> | <p>Knowing how components of fitness can be applied to different sports.</p> <p>Knowing how to apply the training principles to training programmes.</p> <p>Knowing how to measure exercise intensity.</p> <p>Knowing how to apply target zones and training thresholds when participating in physical activity.</p> <p>Knowing how to use the Borg scale when participating in physical activity.</p> <p>Knowing how to calculate RPE, 1RM (strength) and 15RM (muscular endurance).</p> <p>Knowing how to use the different types of technology used to measure exercise intensity.</p> | <p>Knowing how to perform each fitness test.</p> <p>Knowing how to calibrate fitness testing equipment.</p> <p>Knowing how to set up and run different fitness tests.</p> <p>Knowing how to accurately measure and record test results.</p> <p>Knowing how to interpret test results and compare to normative data.</p> <p>Knowing how to analyse and evaluate test results.</p> <p>Knowing how to improve fitness based on test results.</p> | <p>Knowing how to warm-up effectively.</p> <p>Know how to cool down effectively.</p> <p>Know how to perform each fitness training method correctly.</p> <p>Know how to apply the principles of training to each fitness training method.</p> <p>Know how to apply an appropriate training intensity to each training method.</p> | <p>Know how to design a fitness programme.</p> <p>Know how to apply the principles of training to a fitness programme.</p> <p>Know how to manage and participate in a fitness programme.</p> <p>Know how to apply motivational techniques when participating in a fitness programme.</p> <p>Knowing how to revise effectively for the external exam.</p> | |