Year 11 BTEC Sport Curriculum Intent 2022-23 (Year 2)								
	Autumn Term		Spring	g Term	Summer Term			
	1	2	1	2	1	2		
Unit Title	Unit 1: Fitness for Sport and Exercise	Unit 1: Fitness for Sport and Exercise	Unit 3: Applying the Principles of Personal Training	Unit 3: Applying the Principles of Personal Training	Unit 3: Applying the Principles of Personal Training			
Key Learning Outcomes	LAA know about the components of fitness and the principles of training LAB explore different fitness training methods	LAC investigate fitness testing to determine fitness levels.	LAA design a personal fitness training programme LAB know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training	LAC implement a self- designed personal fitness training programme to achieve own goals and objectives	LAD review a personal fitness training programme.			
Assessment	Ongoing assessment End of topic tests 9 mark extended writing tasks linked to content	Ongoing assessment End of topic tests 9 mark extended writing tasks linked to content EXTERNAL EXAMINATION	Coursework assessment IV process	Coursework assessment IV process	Coursework assessment IV process External moderation			
Why this?	Mandatory unit as part of the qualification	Mandatory unit as part of the qualification	Mandatory unit as part of the qualification	Mandatory unit as part of the qualification	Mandatory unit as part of the qualification			
Why now?			Synoptic unit, must be taken at the end of the course	Synoptic unit, must be taken at the end of the course	Synoptic unit, must be taken at the end of the course			
Skills & Characteristics	Skills Builder key focus: Speaking and listening.	Skills Builder key focus:	Skills Builder key focus:	Skills Builder key focus:	Skills Builder key focus:			
	Problem Solving Identifying weakness in opposition, devising	Speaking and listening. Communication	Speaking and listening. Communication	Speaking and listening. Communication	Speaking and listening. Communication			
	tactics and strategies. Creativity.	Problem Solving Identifying weakness	Problem Solving Identifying weakness	Problem Solving Identifying	Problem Solving Identifying weakness			

		in opposition, devising	in opposition,	weakness in	in opposition,
	Staying positive	tactics and strategies.	devising tactics and	opposition, devising	devising tactics and
	Aiming High	Creativity.	strategies.	tactics and	strategies.
	Responding to setbacks	Cicativity.	Creativity.	strategies.	Creativity.
	Learning from Mistakes	Staying positive	Cicativity.	Creativity.	Circulativity.
	Learning Horri Mistakes	Aiming High	Staying positive	Cicativity.	Staying positive
	Loadorship		1	Staving positive	
	Leadership	Responding to	Aiming High	Staying positive	Aiming High
	Leading others, small group warm	setbacks	Responding to	Aiming High	Responding to
	ups and activities	Learning from	setbacks	Responding to	setbacks
		Mistakes	Learning from	setbacks	Learning from
			Mistakes	Learning from	Mistakes
		Leadership		Mistakes	
		Leading others, small	Leadership		Leadership
		group warm ups and	Leading others, small	Leadership	Leading others, small
		activities	group warm ups and	Leading others,	group warm ups and
			activities	small group warm	activities
				ups and activities	
End Points	•	•	1B.2 Outline the	1C.4 Safely	1D.5 Review the
			structure and	implement, with	four-week
			function of the	guidance, a four-	personal fitness
			musculoskeletal	week personal	training
			and	fitness training	programme set
			cardiorespirator	programme,	for an
			y systems	maintaining a	activity/sport
			 2B.P2 Describe 	training diary.	goal, identifying
			the structure	 2C.P4 Safely 	results, strengths
			and function of	implement a	and areas for
			the	sixweek	improvement.
			musculoskeletal	personal fitness	2D.P5 Review the
			and	training	six-week personal
			cardiorespirator	programme,	fitness training
			y systems	maintaining a	programme set
			1B.3 Outline	training diary.	for an
			some of the	2C.M3 Safely	activity/sport
			short-term	implement a	goal, describing
			effects on the	successful six-	results, strengths
			musculoskeletal	week personal	and areas for
			and	fitness training	improvement.
			cardiorespirator	programme,	2D.M4 Explain
			Cardiorespirator	programme,	- ZUIIVIT EAPIGIII

		•	y systems during the fitness training programme 2B.P3 Summarise the shortterm effects on the musculoskeletal and cardiorespirator y systems during the fitness training programme 2B.M2 Explain the short-term effects on the musculoskeletal and cardiorespirator y systems during the fitness training programme the short-term effects on the musculoskeletal and cardiorespirator y systems during the fitness training	maintaining a training diary summarising outcomes for each session. 2C.D2 Safely implement a successful sixweek personal fitness training programme, maintaining a training diary to evaluate performance and progress.	•	the results, strengths of the training programme set for an activity/sport goal and areas for improvement, providing recommendations for future training and performance. 2D.D3 Fully explain the results, strengths and improvements for the training programme, justifying recommendations for future training and performance.	
Aspirations &	DE Carpers week – emphasis on carper pathways through st	Lidvi	programme				
Careers	PE Careers week – emphasis on career pathways through studying PE/Sport Development of key skills – Teamwork, leadership, organisation, communication Extra-curricular clubs – different clubs each Half term, linked to curriculum. External coaches – Q&A sessions with professional external coaches (Rugby/Cricket/Swimming) supporting curriculum delivery. School games – competitions within the Sunderland School Games framework School teams – Competitive school teams in Football, Netball, Rugby and Cricket amongst others.						