

## Year 11 BTEC Sport Curriculum Intent 2022-23 (Year 2)

	Autumn Term		Spring Term		Summer Term	
	1	2	1	2	1	2
<b>Unit Title</b>	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	
<b>Key Learning Outcomes</b>	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.	
<b>Assessment</b>	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 <b>EXTERNAL EXAMINATION</b>	Coursework assessment IV process	Coursework assessment IV process	Coursework assessment IV process External moderation	
<b>Why this?</b>	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	
<b>Why now?</b>			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	
<b>Skills &amp; Characteristics</b>	<b>Skills Builder key focus:</b>  Speaking and listening. Communication  Problem Solving Identifying weakness in opposition, devising tactics and strategies. Creativity.	<b>Skills Builder key focus:</b>  Speaking and listening. Communication  Problem Solving Identifying weakness	<b>Skills Builder key focus:</b>  Speaking and listening. Communication  Problem Solving Identifying weakness	<b>Skills Builder key focus:</b>  Speaking and listening. Communication  Problem Solving Identifying	<b>Skills Builder key focus:</b>  Speaking and listening. Communication  Problem Solving Identifying weakness	

	<p>Staying positive Aiming High Responding to setbacks Learning from Mistakes</p> <p>Leadership Leading others, small group warm ups and activities</p>	<p>in opposition, devising tactics and strategies. Creativity.</p> <p>Staying positive Aiming High Responding to setbacks Learning from Mistakes</p> <p>Leadership Leading others, small group warm ups and activities</p>	<p>in opposition, devising tactics and strategies. Creativity.</p> <p>Staying positive Aiming High Responding to setbacks Learning from Mistakes</p> <p>Leadership Leading others, small group warm ups and activities</p>	<p>weakness in opposition, devising tactics and strategies. Creativity.</p> <p>Staying positive Aiming High Responding to setbacks Learning from Mistakes</p> <p>Leadership Leading others, small group warm ups and activities</p>	<p>in opposition, devising tactics and strategies. Creativity.</p> <p>Staying positive Aiming High Responding to setbacks Learning from Mistakes</p> <p>Leadership Leading others, small group warm ups and activities</p>	
<b>End Points</b>	•	•	<ul style="list-style-type: none"> <li>• 1B.2 Outline the structure and function of the musculoskeletal and cardiorespiratory systems</li> <li>• 2B.P2 Describe the structure and function of the musculoskeletal and cardiorespiratory systems</li> <li>• 1B.3 Outline some of the short-term effects on the musculoskeletal and cardiorespirator</li> </ul>	<ul style="list-style-type: none"> <li>• 1C.4 Safely implement, with guidance, a four-week personal fitness training programme, maintaining a training diary.</li> <li>• 2C.P4 Safely implement a sixweek personal fitness training programme, maintaining a training diary.</li> <li>• 2C.M3 Safely implement a successful six-week personal fitness training programme,</li> </ul>	<ul style="list-style-type: none"> <li>• 1D.5 Review the four-week personal fitness training programme set for an activity/sport goal, identifying results, strengths and areas for improvement.</li> <li>2D.P5 Review the six-week personal fitness training programme set for an activity/sport goal, describing results, strengths and areas for improvement.</li> <li>• 2D.M4 Explain</li> </ul>	

			<p>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</p> <ul style="list-style-type: none"> <li>• 2B.M2 Explain the short-term effects on the musculoskeletal and cardiorespirator y systems during the fitness training programme</li> </ul>	<p>maintaining a training diary summarising outcomes for each session. 2C.D2 Safely implement a successful six-week personal fitness training programme, maintaining a training diary to evaluate performance and progress.</p>	<p>the results, strengths of the training programme set for an activity/sport goal and areas for improvement, providing recommendations for future training and performance.</p> <ul style="list-style-type: none"> <li>• 2D.D3 Fully explain the results, strengths and improvements for the training programme, justifying recommendations for future training and performance.</li> </ul>	
<b>Aspirations &amp; Careers</b>	<p>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&amp;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.</p>					

