



In Sport BTEC....

You will study 4 units over the next 3 years.

3 of these units require you to complete coursework either practically based or written.

One unit will consist of an external exam which is on fitness for sport & exercise.

A grade will be given for each task and accumulated into an overall grade

Edexcel

	Autumn 1	Autumn 2
Focus/Context for Learning	Unit 2 - A1, A2 and A3 - Rules, regulations and scoring systems of different sports	Unit 2 - A5, A6, and A7 - Roles and responsibilities of different sports officials Unit 2 - Learning aim A coursework completion
	Spring 1	Spring 2
Focus/Context for Learning	Unit 2 - B1 - Components of physical fitness Unit 2 - B2 - Technical demand	Unit 2 - B5, B6, B7, B8 - safe, relevant and effective skills, techniques and tactics. Unit 2 - B9, B10, B11 - Different types of practice. Unit 2 - Learning aim B coursework completion
	Summer 1	Summer 2
Focus/Context for Learning	Unit 2 - C1 - Observation Checklist Unit 2 - C2 - Review performance	Unit 2 coursework completion



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Edexcel	Autumn 1	Autumn 2
Focus/ Context for Learning	<p>Unit 6 - A1, A2, A3- Sports Leaders and their attributes and responsibilities.</p> <p>Unit 6 - B1 and B2 - Planning a sports activity.</p>	<p>Unit 6 - B3 and B4 - Lead a sports activity and measuring success</p>
	Spring 1	Spring 2
Focus/ Context for Learning	<p>Unit 6 - B3 and B4 - Lead a sports activity and measuring success</p> <p>Unit 6 - C1 and C2 - Review and targets for development</p>	<p>Unit 1 - A1 - Components of Physical Fitness</p> <p>Unit 1 - A2 - Components of Skill-Related Fitness</p> <p>Unit 1 - A3 - Why fitness components are important for successful participation in given sports</p> <p>Unit 1 - A4 - Exercise intensity and how it can be determined.</p>
	Summer 1	Summer 2
Focus/ Context for Learning	<p>Unit 1 - A5 - The basic principles of training (FITT)</p> <p>Unit 1 - A6 - Additional principles of training</p> <p>Unit 1 - B1 - Requirements for each of the different training methods</p> <p>Unit 1 - B3 - Fitness training methods - Speed training</p>	<p>Unit 1 - B2 - Additional requirements for each of the fitness training methods.</p> <p>Unit 1 - B3 - Fitness training methods - Flexibility training</p> <p>Unit 1 - B3 - Fitness training methods - Strength, muscular endurance and power training</p> <p>Unit 1 - B3 - Fitness training methods - Aerobic Endurance</p>



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Edexcel

Autumn 1

Autumn 2

**Focus/Context
for Learning**

Unit 3 - A1 - Personal information to aid training programme design.

Unit 3 - B1, B2 - Musculoskeletal system and cardiorespiratory system

Unit 3 - A2 - Programme design

Unit 3 - C1, C2, C3 - To safely implement a personal fitness training programme and complete a training diary for each session.

Spring 1

Spring 2

**Focus/Context
for Learning**

Unit 3 - D1 - Review programme

Unit 1 - Learning Aim A, B and C revision

Unit 3 - Completion of coursework

Summer 1

Summer 2

**Focus/Context
for Learning**

Unit 1 – Exams