

# Wennington Hall School

WENNINGTON

## BTEC Sport Curriculum Map 2021-22



PRIDE IN PERFORMANCE

Curriculum Mapping 2020 – 2021

Subject	Autumn				Spring				Summer			
BTEC Sport	Half Term 1	Skills/Knowledge	Half Term 2	Skills/Knowledge	Half Term 3	Skills/Knowledge	Half Term 4	Skills/Knowledge	Half Term 5	Skills/Knowledge	Half Term 6	Skills/Knowledge
Year 10	<p><b>Fitness for Sport &amp; Exercise</b></p> <p>Know about the components of fitness and the principles of training.</p>	<p>Components of physical fitness.</p> <p>Components of skill related fitness.</p> <p>Why fitness components are important for successful participation.</p> <p>Exercise intensity and how it can be determined.</p> <p>Basic principles of training.</p> <p>Additional principles of training.</p> <p><i>*Tier 3 literacy skills.</i></p>	<p><b>Fitness for Sport &amp; Exercise</b></p> <p>Explore different fitness training methods.</p> <p>Investigate fitness testing to determine fitness levels.</p>	<p>Fitness training methods requirements.</p> <p>Additional requirements for training methods.</p> <p>Flexibility training.</p> <p>Strength, muscular endurance and power.</p> <p>Aerobic endurance.</p> <p>Speed training.</p> <p>Fitness testing methods for components of fitness.</p> <p>Importance of fitness testing.</p> <p>Requirements for admin of each fitness test.</p> <p>Interpretation of fitness test results</p> <p><i>*numeracy skills.</i></p> <p><i>*Tier 3 literacy skills.</i></p>	<p><b>Practical Sports Performance</b></p> <p>Understand the rules, regulations and scoring systems for selected sports.</p> <p>Practically demonstrate skills, techniques and tactics in selected sports.</p> <p>Be able to review sports performance.</p>	<p>Rules (Laws) &amp; Regulations.</p> <p>Scoring systems</p> <p><i>*numeracy skills.</i></p> <p>Application of the rules/laws of sports in different situations.</p> <p>Sports.</p> <p>Roles and responsibilities of officials.</p> <p>Technical and tactical demands.</p> <p>Safe and appropriate participation.</p> <p>Relevant skills, techniques and tactics.</p> <p>Effective use of skills, techniques and tactics.</p> <p>Isolated and conditioned practices.</p> <p>Competitive situations.</p> <p><i>*Tier 3 literacy skills.</i></p>	<p><b>The Mind and Sports Performance</b></p> <p>Investigate personality and its effect on sports performance.</p> <p>Explore the influence that motivation and self-confidence have on sports performance.</p> <p>Know about arousal and anxiety, and the effects they have on sports performance.</p>	<p>Definition and structure of personality.</p> <p>Personality types.</p> <p>Measuring personality.</p> <p>Definition, types and views of motivation.</p> <p>Achievement motivation.</p> <p>Benefits of motivation.</p> <p>Goal setting.</p> <p>Definition and benefits of self-confidence.</p> <p>Methods to increase self-confidence.</p> <p>Definition and factors effecting self-efficacy.</p> <p>Goals and the influence of goal setting on motivation and performance.</p> <p>Definition and types of anxiety.</p> <p>Arousal and anxiety and how it can be controlled for sports performance.</p> <p><i>*Tier 3 literacy skills.</i></p>	<p><b>Training for Personal Fitness</b></p> <p>Design a personal fitness training programme.</p> <p>Know about exercise adherence factors and strategies for continued training success.</p>	<p>Personal information to aid training programme.</p> <p>FITT (frequency, intensity, time, type).</p> <p>Further principles of training and how they are applied.</p> <p>Programme design.</p> <p>Factors for success.</p> <p>Strategies for success.</p> <p><i>*Tier 3 literacy skills.</i></p>	<p><b>Training for Personal Fitness</b></p> <p>Implement a self-designed personal fitness training programme to achieve goals and objectives.</p> <p>Review a personal fitness training programme.</p>	<p>Safely implement a personal fitness training programme.</p> <p>Training diary for each session.</p> <p>Measures for success.</p> <p>Review programme.</p> <p><i>*Tier 3 literacy skills.</i></p>

Amendments to plan

Curriculum Mapping 2020 – 2021

Subject	Autumn				Spring				Summer			
BTEC Sport	Half Term 1	Skills/Knowledge	Half Term 2	Skills/Knowledge	Half Term 3	Skills/Knowledge	Half Term 4	Skills/Knowledge	Half Term 5	Skills/Knowledge	Half Term 6	Skills/Knowledge
Year 11	<p><b>Anatomy &amp; Physiology for Sports Performance</b></p> <p>Know about the structure and function of the musculoskeletal system.</p>	<p>Voluntary muscles.</p> <p>Types of muscles.</p> <p>Muscle movements.</p> <p>Types of contraction.</p> <p>Muscle movements and performance.</p> <p>Bones of the skeleton.</p> <p>Functions of the skeleton.</p> <p>Classification of joints.</p> <p>Types of cartilage.</p> <p>Synovial joint structure.</p> <p>Joint movement.</p> <p>Joint movement and muscle group contractions related to performance.</p>	<p><b>Anatomy &amp; Physiology for Sports Performance</b></p> <p>Know about the structure and function of the cardiorespiratory system.</p>	<p>Structure of the cardiovascular system.</p> <p>Functions of the cardiovascular system.</p> <p>Structure of the respiratory system.</p> <p>Functions of the respiratory system.</p> <p>Functions of the cardiorespiratory system.</p> <p><i>*Tier 3 literacy skills.</i></p>	<p><b>Injury and the Sports Performer</b></p> <p>Understand risks and hazards associated with sports participation.</p> <p>Know about different injuries and illnesses associated with sports participation.</p> <p>Know about the response to injury and injury management.</p> <p>Know about the rules, regulations and legislation associated with health and safety in sport.</p>	<p>People, equipment and environment related risks and hazards.</p> <p>Causes and types of injury.</p> <p>Types and signs of illness.</p> <p>Physiological and psychological responses to injury.</p> <p>Management of physiological injuries.</p> <p>Basic treatments to help support rehab.</p> <p>Management of psychological responses.</p> <p>Purpose, legislation and regulations.</p> <p><i>*Tier 3 literacy skills.</i></p>	<p><b>Running a Sports Event</b></p> <p>Plan a sports event.</p> <p>Contribute to the organisation of a sports event.</p> <p>Assist with running and leading a sports event.</p> <p>Review your own contribution to running a sports event.</p>	<p>Sports event.</p> <p>Planning process <i>*numeracy skills.</i></p> <p>Event organisation.</p> <p>Participant requirements.</p> <p>Running a sports event.</p> <p>Leading a sports event.</p> <p>Demonstration of leadership attributes.</p> <p>Review of the event.</p> <p><i>*Tier 3 literacy skills.</i></p>	<p><b>The Sport and Active Leisure Industry</b></p> <p>Investigate organisations and occupations in sport and active leisure.</p> <p>Recognise current trends in sports participation.</p> <p>Know about the impact of key issues on sport and active leisure.</p>	<p>Organisations in sport and active leisure.</p> <p>Occupations in sport and active leisure.</p> <p>Reasons for taking part in sport.</p> <p>Reasons for growth in participation.</p> <p>Factors that affect participation.</p> <p>Trends in participation.</p> <p>Key issues.</p> <p>Impact – positive and negative.</p> <p><i>*Tier 3 literacy skills.</i></p>		

**Amendments to plan**

Lockdown Learning Spring 2

4. Due to lockdown Pearson BTEC adapted the requirements for passing the units. Students now have less guided learning hours so therefore are only expected to complete a further 2 units with Q-TAG for other units not completed due to lockdown.