

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10 BTEC Sport	Assessment 1	Assessment 2				
	Curriculum Aim: By the end of the year 10, students will have developed their academic knowledge and applied the knowledge applicable across their syllabus. This will include anatomy and physiology, fitness for sport and leadership. They will have also developed practical skills in their chosen sports, including leadership roles and officiating.					
	BTEC First Practical sport	BTEC First Practical sport	BTEC First Practical sport	Leading sports activities	Leading sports activities	Leading sports activities
<p>Key knowledge: A -understand the rules, regulations and scoring systems for selected sports</p> <ul style="list-style-type: none"> • Performance and evaluation and analysis 	<p>Key knowledge: B- practically demonstrate skills, techniques and tactics in selected sports</p> <ul style="list-style-type: none"> • Understanding rules and regulation. 	<p>Key knowledge: C -be able to review sports performance.</p> <ul style="list-style-type: none"> • Understand skills techniques and tactics (chosen sport) 	<p>Key knowledge: A -know the attributes associated with successful sports leadership</p> <ul style="list-style-type: none"> • Attributes of successful leadership 	<p>Key knowledge: B -undertake the planning and leading of sports activities</p> <ul style="list-style-type: none"> • Planning & leading • Target setting 	<p>Key knowledge: C -review the planning and leading of sports activities.</p> <ul style="list-style-type: none"> • Reviewing leadership 	
<p>Aps and Websites: Balance it- APP- https://apps.apple.com/us/app/balance-it-task-card-resource-for-pe-teachers/id630956844 BaM Video- APP https://apps.apple.com/gb/app/bam-video-delay/id517673842 BBC Bitesize Physical Education- WEBSITE https://www.bbc.co.uk/bitesize/subjects/znyb4wx Edmodo- WEBSITE/APP https://new.edmodo.com/ Sworkit Kids- APP/WEBSITE https://app.sworkit.com/collections/kids-workouts</p>						

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
11 BTEC Sport	Assessment 1	Assessment 2				
	Curriculum Aim: By the end of the year 11, students will have developed their academic knowledge and applied the knowledge applicable across their syllabus. This will include anatomy and physiology, fitness for sport and leadership. They will have also developed practical skills in their chosen sports, including leadership roles and officiating.					
	Applying the principles of personal training	Applying the principles of personal training	Applying the principles of personal training	Fitness for sport	Fitness for sport	Fitness for sport
Key knowledge: A -design a personal fitness training programme <ul style="list-style-type: none"> understand how to design a training programme safely 	Key knowledge: B -know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training <ul style="list-style-type: none"> Understanding different body systems 	Key knowledge: C -Implement a self-designed personal fitness training programme to achieve own goals and objectives D- review a personal fitness training programme. <ul style="list-style-type: none"> Implement fitness training programme Review training programme 	Key knowledge: A- know about the components of fitness and the principles of training <ul style="list-style-type: none"> Components of fitness (skill and physical) Exercise intensities 	Key knowledge: B- explore different fitness training methods <ul style="list-style-type: none"> Principles of training 	Key knowledge: C- investigate fitness testing to determine fitness levels. <ul style="list-style-type: none"> Recommendation of fitness testing methods Methods of training 	
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