

## Curriculum Overview: BTEC Sports

	Year 10	Year 11
HT1	<p><b><u>Component 1 Learning aim A:</u></b>  <b>Investigate the impact of sport and activity on the body systems</b>                      This unit allows pupils the opportunity to look at the physiological impact that the cardiorespiratory and the musculoskeletal system have on the ability of performers to engage in sport and physical activity.</p>	<p><b><u>Component 2</u></b>  <b>The Principles of Training, Nutrition and Psychology for Sport and Activity.</b>                      In this component, pupils will develop their knowledge and understanding of the factors that contribute to improved fitness for sport and activity. They will look at the importance of a healthy diet and psychological factors that can affect sporting performers, such as motivation, self-confidence and anxiety.                      Pupils will also develop their knowledge of fitness testing and learn how to improve fitness using knowledge of methods of training, FITT principles and principles of training.</p>
HT2	<p><b><u>Component 1 Learning aim A:</u></b>  <b>Investigate the impact of sport and activity on the body systems</b>  <b>Internal Assessed Coursework: Component A (10% of overall grade)</b></p>	<p><b><u>Component 2</u></b>  <b>The Principles of Training, Nutrition and Psychology for Sport and Activity.</b>                      This component requires learners to apply knowledge and understanding to plan a fitness-training programme and to recommend nutritional guidance for participants to improve fitness and performance. They will explore the importance of macronutrients, micronutrients and hydration. This will help students to develop the necessary knowledge needed to suggest realistic improvements that help participants to eat well and to optimise their fitness and health.  <b>External assessed exam</b>                      (40% of overall grade)</p>
HT3	<p><b><u>Component 1- Learning aim B:</u></b>  <b>Explore common injuries in sport and activity and methods of rehabilitation</b>                      In this unit pupils will explore common injuries in sport and activity, the causes, and the related management and methods of rehabilitation.</p>	<p><b><u>Component 3</u></b>  <b>Applying the Principles of Sport and Activity</b>                      Within this section of the course, students will explore the elements that are considered most important in leadership, including organisation, communication and problem-solving skills</p>
HT4	<p><b><u>Component 1- Learning aim B:</u></b>  <b>Explore common injuries in sport and activity and methods of rehabilitation</b></p>	<p><b><u>Component 3</u></b>  <b>Applying the Principles of Sport and Activity</b></p>

	<b>Internal Assessed Coursework: Component B</b> (10% of overall grade)	Pupils will examine physiological and psychological benefits that participants can gain as a result of their engagement in sport and activity
<b>HT5</b>	<p><b><u>Component 1- Learning aim C:</u></b>  <b>Understand the use of technology for sport and activity.</b>  In this unit pupils will learn about the different technologies that are used within the sports industry, how they enhance sport and activity, and how they support rehabilitation.</p>	<p><b><u>Component 3</u></b>  <b>Applying the Principles of Sport and Activity</b>  In this final unit of Year 11, pupils will gain an understanding into the processes that underpin effective ways of working in the sport sector, such as planning, delivering and reviewing a sport or physical activity session to a variety of target groups.</p> <p><b>Internal Assessed Coursework: Component C:</b> (30% of overall grade)</p>
<b>HT6</b>	<p><b><u>Component 1- Learning aim C:</u></b>  <b>Understand the use of technology for sport and activity.</b></p> <p><b>Internal Assessed Coursework: Component C</b> (10% of overall grade)</p>	<p><b><u>Component 3</u></b>  <b>Applying the principles of Sport and Activity</b>  This term, pupils will spend time applying their acquired knowledge and understanding of effective leadership by designing and planning their own sports session. Once planned and feeling confident, pupils will deliver the session to our younger pupils. The planning and leading of the session will form the basis of the final assessment for each pupil, which is worth 30% of their overall grade.</p>