

Subject Academic Curriculum Overview – BTEC Tech Sport, Activity and Fitness

Year	Term - Content						Transition Milestones
	Sept – Oct	Oct- Dec	Jan-Feb	Feb-Mar	April – May	June-July	By the end of the year students will have learned to apply the following skills through the content studied....
10	<p>Investigate the impact of sport and activity on the body systems. - The body systems: Cardiorespiratory system (cardiovascular and respiratory) – Structure and functions of.</p> <p>Understand the fundamentals of sport and activity leadership -Select a sports leader and research their attributes POL's: 1, 4</p>	<p>Investigate the impact of sport and activity on the body systems. -The body systems: Musculoskeletal system (muscular and skeletal) – location and functions of. -Physiological impact of engagement in sport and activity on the body systems – effects of regular participation and long term effects.</p> <p>Understand the fundamentals of sport and activity leadership -Create a report to explain how a leader demonstrates their skills and qualities. POL's: 1, 4</p>	<p>Coursework Reports – Writing up assignment 1. - Structuring and writing BTEC Sport assignment. -Applying knowledge. Explore common injuries in sport and activity and methods of rehabilitation -The importance of a warm-up and cool-down.</p> <p>Research the benefits of regular participation. -Focus on the physical benefits: -short-term & long-term benefits POL's: 1, 4, 7, 8</p>	<p>Explore common injuries in sport and activity and methods of rehabilitation -Basic common injuries -Complex common injuries</p> <p>Research the benefits of regular participation. -Focus on the psychological benefits: -short-term & long-term benefits POL's: 1, 4, 7, 8</p>	<p>-Causes of common sporting injuries: Physiological, psychological, coaching, environment, equipment and people-related risks.</p> <p>Promote the benefits of regular participation. -create a blog / leaflet on how a good leader can promote the physical and psychological benefits. POL's: 4, 6, 8, 15</p>	<p>-Management and rehabilitation of common sporting injuries. Coursework Writing up assignment 2 -Structuring and writing BTEC Sport assignment. -Applying knowledge.</p> <p>Promote the benefits of regular participation. -Evaluate different ways a leader can encourage more people to take part regularly POL's: 4, 6, 8, 15, 16</p>	<ul style="list-style-type: none"> Investigate the impact of sport and activity on the body systems. Explore common injuries in sport and activity and methods of rehabilitation. Understand the fundamentals of sport and activity leadership
11	<p>Understand the use of technology for sport and activity: - Different types of technology in sport and activity -The benefits of technology on improving body systems for sport and activity Limitations of technology to sport and activity. Planning sessions for target groups: Produce a session plan with a risk assessment and informed consent form. POL's: 1, 2, 5, 9, 11</p>	<p>Coursework Reports – -Writing up assignment 3 -Structuring and writing BTEC Sport assignment. -Applying knowledge. Training to improve data in relation to sport and activity -Interpreting fitness data in relation to sport and activity</p> <p>Delivering a session for target groups Independently deliver the main component of your planned session to your target group. POL's: 2, 9</p>	<p>-Methods of training for sport and activity -The FITT principles and principles of training Understanding fitness programme.</p> <p>Reviewing a session for target groups -Gather feedback from session -Review the main component of a the planned activity session. POL's: 2, 5, 7, 9, 13</p>	<p>Nutrition for sport and activity -Macronutrients -Micronutrients -Hydration -Improving nutrition for sport and activity. POL's: 8</p>	<p>The psychological influence that motivation on participation in sport and activity -Impact of motivation on participation in sport and activity -Impact of self-confidence can have on participation in sport and activity -Impact of anxiety on participation in sport and activity. Exam preparation POL's: 8</p>	<p>EXAM</p> <ul style="list-style-type: none"> Understand the use of technology for sport and activity. Demonstrate knowledge of the principles of training to improve fitness, nutrition and psychological influences. Demonstrate understanding of training to improve fitness, nutrition and psychological influences when applying to sport and activity. Analyse and evaluate data and information in relation to fitness, nutrition and psychological influences when applying to sport and activity. Planning sessions for target groups Delivering and reviewing sessions for target groups 	