

**KS4 Curriculum Overview (BTEC SPORT)****(1 YEAR)**

<b>TERM 1 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
Component 1 LA A Component 3 LA A Types of Sport and Physical Activity, Benefits to Sport Components of Fitness Outdoor Activities and Sports Provisions Fitness Training Principals Types of Participants and Disability Sport Exercise Intensity- MHR Medical Conditions in Sport and Physical Activity Guidelines Disability Sport Practical Physical Activity Health Needs and Barriers to Participation Exercise Intensity- Borg Scale Methods of Addressing Barriers to Participation and LAA Recap Practical- Measuring and Using MHR and Borg Scale	Understanding of health and fitness requirements Understanding of different sporting/activity provisions Understanding of barriers to participation	Understanding of people's backgrounds and circumstances. Sports Coaching
<b>TERM 2 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
Component 1 LA B and C Component 3 LA B Clothing Fitness Testing Technology Fitness Testing for Health CoF LAB Milestone Assessment Fitness Testing for Health CoF Warm ups Fitness Testing for Health CoF Practical delivery of Warm Up Location of Muscles and adapting Warm ups	Understanding of fitness testing and the different equipment, clothing and technology in different sports and activities	Understanding of people's backgrounds and circumstances. Sports Coaching
<b>TERM 3 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
Component 1 Mock assessments	Identify, apply, evaluate and analyse theoretical content against a set scenario	Understanding of people's backgrounds and circumstances.
<b>TERM 4 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
Component 1 Assessment window	Identify, apply, evaluate and analyse theoretical content against a set scenario	Understanding of people's backgrounds and circumstances. Sports coaching and personal training
<b>TERM 5 TOPIC</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>

<b>Component 1 Assessment Window</b> <b>Component 2 LA A</b> <b>Components of Fitness</b> <b>Component 3 Recap/Revisits</b>	<b>Understanding of</b> <b>components of fitness</b> <b>needed in different</b> <b>sports and activities</b> <b>Planning and leading of</b> <b>sessions</b>	<b>Understanding of people's</b> <b>backgrounds and</b> <b>circumstances.</b> <b>Sports coaching and</b> <b>personal training</b>
<b>TERM 6 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
<b>Component 2 LA B</b> <b>Techniques, Strategies and Fitness</b> <b>Officials</b> <b>Rules and Regulations</b> <b>Planning a Session</b> <b>Planning a Session</b> <b>Mock Assessment</b>	<b>Understanding roles,</b> <b>rules and responsibilities</b> <b>of officials in different</b> <b>sports</b> <b>Planning and leading of</b> <b>sessions</b>	<b>Understanding of people's</b> <b>backgrounds and</b> <b>circumstances.</b> <b>Sports coaching and</b> <b>personal training</b>

### **KS4 Curriculum Overview (BTEC SPORT)**

#### **Year 2**

<b>TERM 1 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
<b>Component 2 Mock Assessment</b> <b>Component 2 Assessment Window</b>	<b>Identify, apply, evaluate</b> <b>and analyse theoretical</b> <b>content against a set</b> <b>scenario</b>	
<b>TERM 2 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
<b>Component 2 Assessment Window</b>	<b>Identify, apply, evaluate</b> <b>and analyse theoretical</b> <b>content against a set</b> <b>scenario</b>	
<b>TERM 3 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
<b>Component 3 LA A and B Recap</b> <b>Component 3 LA C</b> <b>Fitness Training Methods for Physical Fitness</b> <b>Fitness Training Methods for Skill Related Fitness</b> <b>Provisions for Taking Part in Fitness Training</b> <b>Long Term effects</b>	<b>Understanding of fitness</b> <b>requirements and</b> <b>testing, goal setting and</b> <b>motivation</b>	<b>Sports Coach,</b> <b>Physiotherapist, PE Teacher,</b> <b>Athlete, Nutritionist</b>
<b>TERM 4 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
<b>Component 3 LA D</b> <b>Fitness Programme Design</b> <b>Motivation</b> <b>Goal Setting</b>	<b>Understanding of fitness</b> <b>requirements and</b> <b>testing, goal setting and</b> <b>motivation</b>	<b>Sports Coach, Sports</b> <b>Psychologist,</b> <b>Physiotherapist, PE Teacher,</b> <b>Athlete, Nutritionist</b>

<b>TERM 5 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
<b>Component 3 LA A B C D Recap, Revision and Mock Assessment</b>	<b>Identify, apply, evaluate and analyse theoretical content across the specification</b>	<b>Sports Coach, Sports Pyschologist, Physiotherapist, PE Teacher, Athlete, Nutritionist</b>
<b>TERM 6 TOPIC/s</b>	<b>*Key Skills/Subject Links</b>	<b>*Career links &amp; BV</b>
<b>Component 3 Assessment Window</b>	<b>Identify, apply, evaluate and analyse theoretical content across the specification</b>	<b>Sports Coach, Sports Pyschologist, Physiotherapist, PE Teacher, Athlete, Nutritionist</b>