

Curriculum Map: Year 11 BTEC Sport Unit 1

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Topic	Components of fitness	Principles and additional principles of training. Exercise Intensity	Training Methods	Fitness testing methods		
Intent	<ul style="list-style-type: none"> • Develop a deep understanding of how the body works so students can understand the positive impact of physical activity and can participate safely • Provide opportunities for students to extend their vocabulary and language both through using technical sporting language and standard English. 	<ul style="list-style-type: none"> • Develop a deep understanding of how the body works so students can understand the positive impact of physical activity and can participate safely • Provide opportunities for students to extend their vocabulary and language both through using technical sporting language and standard English. • Develop application of mathematical knowledge especially to calculate target heart rate to ensure effective training. 	<ul style="list-style-type: none"> • Develop a deep understanding of how the body works so students can understand the positive impact of physical activity and can participate safely • Provide opportunities for students to extend their vocabulary and language both through using technical sporting language and standard English. • Develop application of mathematical knowledge especially to calculate target heart rate to ensure effective training. 	<ul style="list-style-type: none"> • Provide opportunities for students to extend their vocabulary and language both through using technical sporting language and standard English. 		
Key Knowledge	Different kinds of fitness and how these are applied to different sports.	How to ensure your training is safe and effective.	How to train for different components of fitness and sports.	How to test different components of fitness and how to use these results.		
Key Skills	Applying knowledge of fitness to different sports	Assessing whether training is effective and safe and the reasons for this.	Identifying the correct method of training and explaining why this is the case.	Assessing how/why fitness tests are appropriate for a particular component.		

Key Vocabulary	Aerobic Endurance Muscular Endurance Body Composition Muscular Strength Flexibility Speed Balance Power Agility Coordination Reaction Time	Frequency Intensity Time Type Specificity Progressive Overload Reversibility Individual needs Variation Adaptation Reversibility	Continuous Fartlek Interval Circuit Hollow sprints Acceleration Free Weights Static stretch Ballistic stretch Proprioceptive Neuromuscular Facilitation. (PNF) Plyometrics	Practicality Reliability Validity VO2 Max Advantages Disadvantages		
Key Reading	BTEC Sport Revision Guide	BTEC Sport Revision Guide	BTEC Sport Revision Guide	BTEC Sport Revision Guide		
End Point	End of Learning Aim A Assessment	Mock Exam	End of Learning Aim B Assessments	End of Learning Aim C Assessments Final Exam		
Form of Assessment	Informal Knowledge checks Summative assessment Questioning	Informal knowledge checks Summative assessment Questioning	Informal knowledge checks Summative assessment Questioning	Informal knowledge checks Summative assessment Questioning		
Enrichment opportunities	Sports Academy, Extra-curricular activities.					
Leadership opportunities	Group work Whole class discussions.					

