

BTEC- Programme of Study
Year 9 – Unit 6 Leading Sports Activities

Week	Summary of content to be taught
Learning aim A: Know the attributes associated with successful sports leadership	
Task 1 – Successful Sports Leaders (assignment brief 6.1 Task 1 and 2)	
1	Introduction to the unit – expectations, assignment dates – folders, books and organisation. Topic A.1 – Sports leaders different types of sports leaders.
2	Topic A.2 – Attributes of a sports leader - Skills Topic A.2 - Attributes of a Sports Leader – Advanced Skills
3	Topic A.2 - Qualities and additional Qualities
4	Topic A.3 – Responsibilities of a sports leader. Topic A.3 - Wider Responsibilities
5	Assignment brief 1 – Tasks for Learning aim A Course work write up
6	Course work write up – Hand in date
7	Feedback and improvements
8	Mop up week – buffer week
Learning aim B: Undertake the planning and leading of sports activities	
9	Introduction to 6.2 – Leading a sports activity Topic B.1: Sports activities and Topic B.2: Plan
10	Practical/ Theory - Warm up and Stretching
11	Practical/ Theory - Main component of session plan
12	Practical / Theory - Safety activities (Cool Down) and Risk assessments

13	Practical / Theory- Warm ups and skill development
14	Theory – Plan two session plans of 30 mins each
15	Theory – amending your session plan after Feedback
16	Practical – practicing your session plan to peers - amendments
17	Topic B.3 Leading to primary schools
18	Topic B.3 Leading to Primary schools
Learning aim C: Review the planning and leading of sports activities	
19	Topic C.1 – Review of your performance and Topic C.2 Targets for Development
21	Course work Write up
22	Course work write up – Hand in date
23	Mop up
24	Mop up

Unit 3 – Applying the principles of personal training

Learning aim A: Design a personal fitness training programme

25	Introduction to the unit – expectations, assignment dates – folders, books and organisation. Topic A.1 - Personal Goals (SMARTER), Aims and objectives
26	Topic A.1 – Life style, activity history and Medical History Questionnaire and Attitudes and personal motivation for training
27	Topic A.2 – Programme design – Personal information, training methods and component of fitness
28	Topic A.2 – Safe design, FITT, principles of training, warming up and cooling down
29	Topic A.2 – creative design and intensities (Max HR, BORG RPE and relationship between the two)

Learning aim B: Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training

30	Topic B.1 Musculoskeletal system
31	Topic B.1 Musculoskeletal system + B.2 Cardiorespiratory System

Learning aim C: Implement a self-designed personal fitness training programme to achieve own goals and objectives

32	Planning of your 6 week training programme
33	6 Week Training programme
34	6 Week Training programme
35	6 Week Training programme
36	6 Week Training programme
37	6 Week Training programme
38	Mop up

39	Mop up
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Year 10 – Unit 3 – Applying the principles of personal training

Week	Summary of content to be taught
<i>Unit 3 – Learning Aim D – Review a personal fitness training programme</i>	
1	Topic D.1 – introduction to the review programme
2	Topic D.1 – Write up of the review
3	Write up of review
4	Hand in Date first draft
5	Mop up
6	Mop up
7	Mop up
<i>Unit 1 – Fitness for sport and exercise</i>	
<i>Learning aim A: Know about the components of fitness and the principles of training</i>	
8	Topic A.1 – Components of Physical Fitness - Aerobic endurance, muscular endurance, flexibility, speed, muscular strength and body composition
9	
10	Topic A.2 – Components of skill related fitness Practical and theory – agility, balance, co-ordination, power and reaction time.
21	Topic A.3 Why fitness components are important for successful participation in given sports in terms of: <ul style="list-style-type: none"> • being able to successfully meet the physical demands of the sport in order to reach optimal performance • being able to successfully meet the skill-related demands of the sport in order to reach optimal performance
22	

	<ul style="list-style-type: none"> • being able to perform efficiently • giving due consideration to the type of event/position played
23	<p>Topic A.4 Exercise intensity and how it can be determined:</p> <ul style="list-style-type: none"> • intensity • know about target zones and training thresholds • Calculate 60–85% HR max • Borg - Rating of Perceived Exertion (RPE) Scale • Relationship between RPE and heart rate <ul style="list-style-type: none"> • FITT principles
24	<p>Topic A.5 The basic principles of training (FITT):</p> <ul style="list-style-type: none"> • Frequency, Intensity, Time and Type.
25	<p>Topic A.6 Additional principles of training: Progressive overload, Specificity, needs, adaptations, reversibility, variation, R+R and Application</p>
<p>Learning aim B: Explore different fitness training methods</p>	
26	<p>Topic B.1 Requirements for each of the following fitness training methods: • safe, correct use of equipment</p> <ul style="list-style-type: none"> • safety (equipment and training), basic principles of training and links. <p>Topic B.2 Additional requirements for each of the fitness training methods:</p> <ul style="list-style-type: none"> • advantages/disadvantages, intensity to training method, POT to training method, situations, needs/goals/aims and objectives
27	<p>Topic B.3 Fitness training methods for:</p> <p><u>Flexibility training:</u></p> <p><u>Strength, muscular endurance and power training:</u></p>
28	<p>Topic B.3 Continued</p> <p>Aerobic endurance training</p> <p>Speed training</p>
<p>Learning aim C: Investigate fitness testing to determine fitness levels</p>	
29	<p>Topic C.2 Importance of fitness testing to sports performers and coaches</p> <p>Baseline data, Training programme design and goal setting</p> <p>Topic C.3 Requirements for administration of each fitness test</p> <p>Pre-test procedures, standard tests, purpose, measuring, selection, reliability, validity and practicality and ads/disads</p>

30+31 (5 lessons)	Topic C.1 Fitness test methods for components of fitness: Types of testing need to cover the following: Multi-stage fitness test, Forestry step test, 35m sprint, Illinois, vertical jump, one minute press-up and sit up test, BMI, BIA, Skinfold calliper test
31	Topic C.4 Interpretation of fitness test results Interpretation of data against national normative data – ads and disads
32	Revision
33	Revision
34	Revision / mock exam
35	Revision / Mock exam
36-39	TEST booked in this period – first attempt

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Year 11 – Unit 2 – Practical sports Performance

Week	Summary of content to be taught
<i>Learning aim A: Understand the rules, regulations and scoring systems for selected sports – practical sport Netball and Badminton</i>	
1	Practical and theory – Introduction to Netball – rules, regulations and scoring learnt through isolated practices and game situations.
2	
3	Write up of rules, regulations and scoring systems for Netball only

4	Practical and theory – application of the rules in 4 sporting situations (photo's taken and write up for coursework – use Pic Collate or stored photo's)
5	Practical and theory – roles and responsibilities of the officials in Netball
6	Roles and responsibilities – write up using diagrams and being able to officiate
7	Course work recording – isolated practices and game situations – first recording
8	Practical and theory – Introduction to Badminton – looking at isolated skills and game play (singles and doubles)
9	Practical and theory – writing up rules of badminton, regulations and how to score.
10	Practical and theory – application of the rules in 4 sporting situations (photo's taken and write up of coursework)
11	Practical and theory – Roles and responsibilities of the official in Badminton
12	Roles and responsibilities – write up
13	Mop up of 2.1
14	Mop up of 2.1
Learning aim B: Practically demonstrate skills, techniques and tactics in selected sports	
15	Practical – recording Netball – Isolated skills and game – observation sheets / witness statements
16	Practical – recording Badminton – Isolated Skills and game – observations sheets / witness statements
17	Topic B.1 – Technical / tactical demands – Netball write up
18	Write up of netball technical and tactical demands
19	Topic B.1 – Technical / tactical demands – Badminton write up
20	Write up of Badminton technical and tactical demands

Learning aim C: Be able to review sports performance

21 Topic C.1 observation check lists:

22 Theory lesson where they have to create two observation check lists against their performance – self analysis of sports performance – photo's and videos

Learning aim C: Be able to review sports performance

18 Topic C.2 – review of performance

19 Strengths and areas of improvement

Self analysis – SWOT analysis – long term and short term goals.

20 Write up and hand in

**23-
end** Retake exams and moderation