Year 10 BTEC Sport Curriculum Map

Overview	The BTEC First in Sport award provides an engaging and relevant introduction to the world of sport. Students will understand the ever changing aspects of the sporting industry, such as fitness testing and training for sport and exercise, practical sports performance and sports leadership. In Year 10 students will complete the Unit 1 computerised external exam which focuses on key elements of fitness and training that are required to perform effectively in sport, the exam questions are a mixture of multiple choice, short and long answer questions. Students' knowledge and application of sports performance will then be observed when they complete a range of written and practical activities before complete the unit 6 and leadership assignments. Students will apply their knowledge through a range of innovative methods that are tailored to the student, whilst developing their explanation, justification and application skills.		
Year 10 BTEC Sport	Autumn – Spring 1	Spring 2 – Summer 1	Summer 2 – Autumn 1 (Year 11)
Topic	Unit 1 – Fitness for sport and exercise	Unit 2 – Practical sport performance	Unit 6 – Leading sports activities
Knowledge	Different fitness components, training principles, methods and fitness tests which can be incorporated into a training regime to improve sports performance.	The rules and regulations, your own practical sports performance as well as evaluating your performance.	Students will be introduced to the basics of sports leadership and then will be required to plan, deliver and evaluate your ability to lead a sports activity session.
Skills	Define, key terms, justify, apply and evaluate concepts to sport and physical activity.	Research, outline and apply rules and regulations as an official. Self-evaluate and analyse sports performance and explain how improvements can be made..	Define, explain and analyse leadership characteristics; plan and lead a micro session to the class and evaluate your session.