



Year 11 BTEC Sport Curriculum Map

Overview	In Year 11 students will complete the synoptic unit 3 assignments that concludes the new learning of the course. This assignment will require all the knowledge and application skills students have developed over the year furthering students' understanding of how the body functions within sport effectively. Within the spring term, students will have the opportunity to resit the unit 1 exam to better their result, this will consist of a revision period of knowledge and writing skills.
Year 11 BTEC Sport	Autumn 2 – Spring 1
Topic	Unit 3 - Applying the principles of sports training
Knowledge	This is a synoptic unit that will require you to call upon all prior learning from this course to create a personal training programme that meets your training goals, aspirations and needs.
Skills	Describe, recall and explain the functions of key terms, justifying and evaluating the impact this has on a performer.