

	Year 10	Year 11
Cycle 1	<p><b>Component 1 – Preparing Participants to Take Part in Sport and Physical Activity</b> <i>Learning outcome, A –To explore types and provision of sport and physical activity for different types of participants</i></p> <ul style="list-style-type: none"> <li>• Introduction to BTEC sport</li> <li>• The types of sports, physical fitness activities and outdoor adventurous activities</li> <li>• The different types of provision of sport and physical activity</li> <li>• The types and needs of sport and physical activity participants</li> <li>• Potential barriers to participation in sport and physical activity for different types of participants</li> <li>• The different methods/solutions to address barriers to participation in sport and physical activity for different types of participants</li> </ul> <p><b>Component 1 - Learning outcome B</b> <i>To examine equipment and technology required for participants to use when taking part in sport and physical activity.</i></p> <ul style="list-style-type: none"> <li>• The different types of sports clothing and equipment required for participation in sport and physical activity</li> <li>• The different types of technology used in sport and physical activity</li> <li>• The benefits of using technology to improve sport and physical activity participation and performance</li> <li>• The limitations of using technology in sport</li> </ul> <p><b>Component 1 – Learning outcome C</b> <i>To be able to prepare participants to take part in sport and physical activity</i></p> <ul style="list-style-type: none"> <li>• The types of activities included in a warmup</li> <li>• To be able to understand how the cardiovascular and musculoskeletal systems respond to each component of a warmup</li> </ul>	<p><b>Component 2 – Learning outcome C</b></p> <ul style="list-style-type: none"> <li>• Drills to improve sporting performance</li> <li>• Component 2 revisit</li> </ul> <p><b>Summative assessment component 2– supervised conditions to complete the 4 coursework tasks for component 1 (LOA, LOB and LOC)</b></p> <p><b>Component 3 - Learning outcome C</b> <i>To investigate different fitness training methods</i></p> <ul style="list-style-type: none"> <li>• Fitness training methods for physical components of fitness</li> <li>• Fitness training methods for skill related components of fitness</li> <li>• Additional requirements for each of the following fitness training methods</li> <li>• Provision for taking part in fitness training methods</li> <li>• The effects of long-term fitness training on the body systems</li> </ul> <p><b>Mock external assessment</b></p> <p><b>Component 3 – Learning outcome D</b> <i>To investigate fitness programming to improve fitness and sports performance</i></p> <ul style="list-style-type: none"> <li>• Personal information to aid training fitness programme design</li> <li>• Fitness programme design</li> <li>• Motivational techniques for fitness programming</li> <li>• Requirements for each of the following fitness training methods</li> </ul>

<p>Cycle 2 CO2 + CO3 taught alongside one another</p>	<p><b>Component 1 – Learning outcome C</b></p> <ul style="list-style-type: none"> <li>Adapting a warmup for different categories of participants</li> <li>Delivering a warmup to prepare participants for physical activity</li> </ul> <p><b>Summative assessment component 1 – supervised conditions to complete the 3 coursework tasks for component 1 (LOA, LOB and LOC)</b></p> <p><b>Component 2 – Taking Part and Improving Other Participants Sporting Performance</b> Learning outcome, A - To understand how different components of fitness are used in different physical activities.</p> <ul style="list-style-type: none"> <li>Components of physical fitness -Aerobic endurance, muscular endurance, muscular strength, speed, flexibility, and body composition</li> <li>Components of skill-related fitness – Power, agility, reaction time, balance.</li> </ul> <p><b>Component 3 – Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity</b> Learning outcome, A- To explore the importance of fitness for sports performance</p> <ul style="list-style-type: none"> <li>The importance of fitness for successful participation in sport</li> <li>Fitness training principles</li> <li>Exercise intensity and how it can be determined</li> </ul> <p><b>Mock external assessment</b></p>	<ul style="list-style-type: none"> <li>Revision and exam techniques for Component 3 external exam (exam conditions in the sports hall).</li> <li>This will cover LOA, LOB, LOC and LOD from component 3, but knowledge from other components will need to be drawn upon.</li> </ul> <p><b>Mock external assessment</b></p> <p><b>Component 3 External exam (January)</b></p> <p><b>Preparation for resit external exam if required.</b></p>
<p>Cycle 3</p>	<p><b>Component 2 – Learning outcome A</b></p> <ul style="list-style-type: none"> <li>Components of skill-related fitness – coordination</li> <li>Potential impact on sporting performance – sporting examples</li> </ul> <p><b>Component 2 – Learning outcome B</b> To be able to participate in sport and understand the role and responsibilities of officials</p> <ul style="list-style-type: none"> <li>The techniques, strategies and fitness required for different sports</li> <li>Officials in sport</li> <li>Rules and regulations in sports</li> <li>Practical officiating</li> </ul>	

<p><b>Component 3 – Learning outcome B</b> <i>To investigate fitness testing to determine fitness levels</i></p> <ul style="list-style-type: none"><li>• Importance of fitness testing and requirements for administration of each fitness test</li><li>• Fitness test methods for components of physical fitness</li><li>• Interpretation of fitness test results</li></ul> <p><i>Mock external assessment</i></p> <p><b>Component 2 – Learning outcome C</b> <i>To demonstrate ways to improve participants techniques</i></p> <ul style="list-style-type: none"><li>• Planning drills and conditioned practices to develop participants sporting skills</li><li>• Drills to improve sporting performance</li></ul>	
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**Yellow = component 1 delivery**

**Blue = component 2 delivery**

**Green = component 3 delivery**

***Red = summative assessments and external assessments***