

BTEC FIRST AWARD in SPORT: Curriculum Map – Year 11 (Leavers 2023)



This is a BTEC qualification which means that it is a vocational course which allows students to study the world of sport. It is equivalent to a GCSE qualification. A BTEC course is made up of a mixture of internal assessment (coursework) and an examination. In BTEC FIRST AWARD in Sport the internal assessments are units 2,3 and 6 which totals 75% of the course. Unit 1 is the external examination which is worth 25% of their overall grade.

Sequence of course delivery:

Unit:	Type of Unit	Unit content	Timeframe for delivery
Unit 1: Fitness for sport and exercise	External assessment	This is a 70min online written exam. It is a series of 1 mark to 9 mark questions based on the unit content.	September to December– year 10 *Resit – May Year 11 if needed.
Unit 2: Practical performance in sport.	Internal assessment	Assignment 1: Rules, regulations and scoring systems of selected sports. Assignment 2: Demonstrate skills, tactics and techniques in selected sports. Assignment 3: Review own sporting performance.	January-July – Year 10
Unit 3: Applying the principles of personal training.	Internal assessment	Assignment 1: Planning own training programme. Assignment 2: Structure and function of body systems and the effects of exercise on these systems. Assignment 3: Implementing planned training programme. Assignment 4: Reviewing training programme.	Sept-December year 11.
Unit 6: Leading sports activities	Internal assessment	Assignment 1: Attributes associated with successful sports leadership. Assignment 2: Planning own leadership sessions. Assignment 3: Carry out and review own leadership session.	January – April year 11

Please note that students will be set strict deadlines for assignment tasks to be handed in. They must meet these deadlines in order to meet the requirements of this course.

*Please note that they are allowed to sit their examination twice. They will only re-sit if they need the points to improve their overall grade. If they sit the examination twice their best grade counts towards their overall BTEC grade.

BTEC grading:

Level 1 pass (Equivalent to grade 1-3 at GCSE)

Level 2 pass (Equivalent to grade 4/5 at GCSE)

Level 2 merit (Equivalent to grade 6 at GCSE)

Level 2 distinction (Equivalent to grade 7 at GCSE)

Level 2 distinction* (Equivalent to grade 8-9 at GCSE)

Key knowledge & skills to be mastered by students

Year 10

Unit 1: Fitness for sport and exercise - Exam

Unit 2: Practical performance in sport

Topic title	Components of fitness	Fitness testing.	Training methods	Principles of training and exercise intensity.	Assignment 1: Rules, regulations and scoring systems in two sports.	Assignment 2: Demonstrate skills, tactics and strategies within two sports.	Assignment 3: Analyse own performance in two sports
Key questions	What are the component of fitness? Which athletes need the component of fitness?	How do you test and measure the levels of the component of fitness?	How do you train and improve the components of fitness?	What are principles of training and how can they be used to improve fitness? How do you measure exercise intensity?	What are the rules, regulations and scoring systems in two chosen sports? What are the role of the officials and what makes an effective official?	What are the skills, tactics and strategies needs to make an effective performance in the two selected sports?	How did you perform in your two chosen spot? What are your strengths and what are your targets? How could you improve in the future?
Key knowledge and concepts	Component of fitness: <u>Physical Components:</u> -Muscular strength -Aerobic endurance -Muscular endurance -Flexibility -Speed -Body Composition <u>Skill components:</u> -Coordination -Reaction time -Agility -Balance -Power Definitions and athletes that need them.	Fitness tests: - Sit and reach -Hand grip and leg dynamometer -Multi-stage fitness test -Forestry step test -35m sprint test -Illinois Agility -Vertical jump -One minute sit up and press up -BMI, BIA and skin fold measurement (Jackson-Pollock nomogram) Advantages and disadvantages.	Methods of training: Flexibility- Static, ballistic, PNF Strength, muscular endurance and power- circuit training, free weights, plyometric Aerobic endurance- Continuous, interval, fartlek, circuit Speed- interval, hollow, acceleration Advantages and disadvantages.	Principles of training: Specificity -Progressive overload -Reversibility -Frequency -Intensity -Time -Type -Individual needs -Variation -Adaptation -Rest and recovery Exercise intensity: Max HR is 220-age Aerobic zone= 60-85% of max HR Anaerobic zone= 85-95% of max HR Speed zone= 95-100% of max HR The Borg Scale.	Rules Regulations Governing bodies Scoring systems Role of the officials	Skills and teaching points Attacking tactics Defensive tactics Set plays Positions in the game Scoring tactics	Analyse performance Strengths Targets Drills to improve
Skills (Command words)	Describe Explain Apply Assess	Recommend Justify Interpret Assess Review Compare	Describe Explain Recommend Justify Assess Review	Describe Explain Interpret Review Target Recommend	Describe Explain Analyse Compare Demonstrate	Describe Explain Demonstrate	Describe Explain Analyse Suggest Justify
Assessment & Educational Visit Opportunities	Past papers, exam questions	Past papers, exam questions	Past papers, exam questions	Past papers, exam questions	Assignment 1: Understand the rules, regulations and scoring systems for selected sports	Assignment 2: Practically demonstrate skills, techniques and tactics in sports	Assignment 3: Review practical performance

Year 11							
	Component 3 – Applying the principles of personal training				Unit 6: Leading sports activities		
Topic title	Assignment 1- planning your training programme	Assignment 2 – body systems and effects of exercise.	Assignment 3 – Carrying out your training programme	Assignment 4 – Evaluating your training programme	Assignment 1: Qualities of a good leader	Assignment 2: Plan and carry out a successful leadership session.	Assignment 3: Evaluating your leadership session
Key questions	How will you plan a creative and unique training programme to meet your training needs?	How do body systems react during exercise? What are the short term effects of exercise on the body?	How will you carry out your training programme effectively and safely? How will you adapt training to ensure you meet your targets?	Was you programme effective - How do you know? What was successful and what would you change?	What qualities make a good leader? Can you compare two sport leaders and explain their similarities and differences in their leadership styles?	What will your two sessions plans be? Which session will you choose? Can you justify your plans?	How well did your leadership session go? What were your strengths? What are your targets?
Key knowledge and concepts	-Components of fitness -Fitness testing -Par-q -SMARTER goals -Adherence factors -Training methods -Principles of training -Exercise intensity -Motivation -Warm up and cool down -Training schedules	Body systems: Label and describe: -Skeletal system -Muscular system -Cardiovascular system -Respiratory system How these systems react during exercise. Short term effects of exercise on the body systems	-Key procedures and responsibilities: E.g. safe warm up and cool down Key elements for planning a successful session: e.g. applying principles of training Key elements when performing the sessions: e.g. setting up a safe session Training diary: E.g.. Evaluate how session went.	- Compare pre and post test results -Evaluate strengths -Set targets and recommendations for improvement	Qualities of a leader: <u>Core Skills</u> e.g. Types of communication <u>Advanced Skills</u> e.g. Structuring activities <u>Key Qualities</u> e.g. Confidence <u>Additional Qualities</u> e.g. Motivation <u>Key Responsibilities</u> e.g. Health and safety <u>Wider Responsibilities</u> e.g. Rules and Regulations	Plan two sporting sessions. Justify session selection. Carry out leadership sessions demonstrating skills and qualities of a good leader.	Evaluate and analyse leadership session. Strengths Targets
Skills (Command words)	Explain Describe	Label Describe	Understand Describe	Perform Evaluate	Explain Describe	Explain Justify	Evaluate Analyse

	Apply Justify Assess Compare Evaluate	Apply Summarise	Apply Implement Perform Evaluate Analyse	Compare Suggest Review Analyse	Compare Evaluate	Demonstrate	Suggest Justify
Assessment & Educational Visit Opportunities	Assignment 1: Planning your training programme	Assignment 2: Describe the effects of exercise on body systems	Assignment 3: Carry out your own training programme	Assignment 4: Review your training programme	Assignment 1: Attributes associated with successful sports leadership	Assignment 2: Plan and carry out leadership session.	Assignment 3: Evaluate leadership session.