

## BTEC Sport – Outline Programme of Study

### Year 10

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Big ideas/ topics	<b>Component 1 LOA</b> Explore types and provision of sport and physical activity for different types of participant	<b>Component 1 LOB</b> Examine equipment and technology required for participants to use when taking part in sport and physical activity	<b>Component 1 LOC</b> Be able to prepare participants to take part in sport and physical activity	<b>Component 1 Assessment</b>	<b>Component 2 LOA</b> Understand how different components of fitness are used in different physical activities	<b>Component 2 LOB</b> Be able to participate in sport and understand the roles and responsibilities of officials
Key Knowledge	Types and providers of sport and physical activities  Types and needs of sport and physical activity participants  Barriers to participation in sport and physical activity for different types of participant  Methods to address barriers to participation in sport and physical activity for different types of participant	Different types of sports clothing and equipment required for participation in sport and physical activity  Different types of technology and their benefits to improve sport and physical activity participation and performance  The limitations of using technology in sport and physical activity	Planning a warm-up  Adapting a warm-up for different categories of participants and different types of physical activities  Delivering a warm-up to prepare participants for physical activity	Select suitable physical activities for the case study  Select and discuss how technology would affect provision for the case study person.  Demonstrate practical delivery, communication and planning by producing a warm-up plan and demonstration of the warm-up	Components of physical fitness  Components of skill-related fitness	Techniques, strategies and fitness required for different sports  Officials in sport  Rules and regulations in sports

### Year 11

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Big ideas/ topics	<b>Component 2 LOC</b> Demonstrate ways to improve participants sporting techniques	<b>Component 2 Assessment</b>	<b>Component 3 LOA</b> Explore the importance of fitness for sports performance  <b>LOB</b> Investigate fitness testing to determine fitness levels	<b>Component 3 LOC</b> Investigate different fitness training methods	<b>Component 3 LOD</b> Investigate fitness programming to improve fitness and sports performance	<b>Component 3 Assessment</b>



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Knowledge	Planning drills and conditioned practices to develop participants' sporting skills  Drills to improve sporting performance	Demonstrate knowledge of components of fitness.  Demonstrate their skill in a selected sport in isolated practice and skill and strategy in competitive situations.  Knowledge and understanding of officials in sport and two key rules and regulations in sport.  Demonstrate their knowledge and understanding of a sport and provide specific drills to improve participants sporting techniques.	The importance of fitness for successful participation in sport  Fitness training principles  Exercise intensity and how it can be determined  Importance of fitness testing and requirements for administration of each fitness test  Fitness test methods for components of physical fitness  Fitness test methods for components of skill-related fitness  Interpretation of fitness test results	Requirements for each of the following fitness training methods  Fitness training methods for physical components of fitness  Fitness training methods for skill-related components of fitness  Additional requirements for each of the fitness training methods  5 Provision for taking part in fitness training methods  The effects of long-term fitness training on the body systems	Personal information to aid fitness training programme design  Fitness programme design  Motivational techniques for fitness programming	Exam
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#### Further information and reading list

BTEC Specification - <https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/sport/2022/specification-and-sample-assessments/btec-tech-award-sport-spec.pdf>

Student workbook - [https://www.amazon.co.uk/Award-Sport-Student-Sports-Leadership/dp/1292444584/ref=sr\\_1\\_1?keywords=btec+tech+award+sport+2022&qid=1681734989&sr=8-1](https://www.amazon.co.uk/Award-Sport-Student-Sports-Leadership/dp/1292444584/ref=sr_1_1?keywords=btec+tech+award+sport+2022&qid=1681734989&sr=8-1)

Revision book - [https://www.amazon.co.uk/Pearson-REVISE-Award-Practice-Assessments/dp/1292436301/ref=sr\\_1\\_2\\_sspa?keywords=btec+tech+award+sport+2022&qid=1681734989&sr=8-2-spons&sp\\_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1](https://www.amazon.co.uk/Pearson-REVISE-Award-Practice-Assessments/dp/1292436301/ref=sr_1_2_sspa?keywords=btec+tech+award+sport+2022&qid=1681734989&sr=8-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1)

Bitesize - <https://www.bbc.co.uk/bitesize/examspecs/zp49cw>

#### Ways to support and extend student learning in this subject

Create a flashcard/revision card after each lesson with key terms/concepts - test yourself/ask someone to test you on it

Watch revision videos on topics you find difficult - <https://www.youtube.com/@TheEverLearner/videos>  
<https://www.youtube.com/@PlanetPEgcsepe/featured> 'MR B BTEC Sport' on YouTube