

Curriculum Overview – Year 11 BTEC Sport

| Unit Title | Learning | How can parents best support? |
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| Half term 1 <u>Unit 2 – Practical Sport</u> Regulations, rules and scoring. | Rounders/Basketball: <ul style="list-style-type: none"> • Know the regulations of each sport including kit, equipment, officials, length of game, health and safety, surface area/dimensions. • Know the rules as regulated by the national or international governing body • Know the scoring systems used • Know how to apply the rules in different situations that occur in a game | Encourage your child to work on coursework at home and meet all deadlines set. Follow our department twitter account for regular updates @TSA_pedept Useful resources: https://qualifications.pearson.com/en/qualifications/btec-firsts/sport-2012-nqf.resources.html#filterQuery=category:Pearson-UK:Publisher%2FPearson |
| Half term 1 <u>Unit 2 – Practical Sport</u> Officials | Rounders/Basketball: <ul style="list-style-type: none"> • Know the roles of officials for each sport e.g. referee, umpire, scorer, time keeper. • Know the responsibilities of officials for each sport including: appearance, qualifications, fitness, skills required, accountability for health and safety and fair play. | https://www.breakthroughbasketball.com/basics/basics.html https://www.fiba.basketball/basic-rules https://www.roundersengland.co.uk/play/rounders-rules/ |

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| <p>Half term 2</p> <p><u>Unit 2: Practical Sport</u></p> <p>Technical and tactical demands</p> | <p>Rounders/Basketball:</p> <ul style="list-style-type: none"> • Demonstrate skills, techniques and tactics during: <ul style="list-style-type: none"> - Isolated practices - Conditioned practices - Competitive situations • Produce as set of coaching cards for each sport | <p>Key documentation can be found on: https://qualifications.pearson.com/content/dam/pdf/BTEC-Firsts/Sport/2012/Specification-and-sample-assessments/9781446936368_BTECFIRST_AWD_SPORT_SPEC_ISS4.pdf</p> |
| <p>Half term 2</p> <p><u>Unit 2: Practical Sport</u></p> <p>Review sports performance</p> | <p>Rounders/Basketball:</p> <ul style="list-style-type: none"> • Know how to produce observation checklist to help self-analyse performance • Strengths and areas for improvement in each sport • Know activities that can be used to improve future performance | |

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| <p>Half term 3</p> <p><u>Unit 3 Applying the Principles of Personal Training</u></p> <p>Learning aim A: Design a personal fitness training programme</p> | <ul style="list-style-type: none"> • Learn about what personal information should be included when planning a training programme • Describe aims and objectives of the training programme • Plan a 6 week personal fitness training programme • Justify the training programme design | |
| <p>Half term 3</p> <p><u>Unit 3 Applying the Principles of Personal Training</u></p> <p>Learning aim B: Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training</p> | <ul style="list-style-type: none"> • Know the features of the musculoskeletal system <ul style="list-style-type: none"> - Location of major muscles - Location of major bones - Structure and function of the synovial joint at the hip, shoulder, knee and elbow - Short term effects of fitness training • Know the features of the cardiorespiratory system <ul style="list-style-type: none"> - Structures of the cardiovascular system - Structures of the respiratory system - Short term effects of fitness training on the cardiorespiratory system. | |

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| <p>Half term 4</p> <p><u>Unit 3 Applying the Principles of Personal Training</u></p> <p>Learning aim C: Implement a self-designed personal fitness training programme to achieve own goals and objectives</p> | <ul style="list-style-type: none"> • Safely implement a personal fitness training programme using appropriate training methods. • Complete and record details for each training session. | |
| <p>Half term 4</p> <p><u>Unit 3 Applying the Principles of Personal Training</u></p> <p>Learning aim D: Review a personal fitness training programme</p> | <ul style="list-style-type: none"> • Review training programme including short term physiological effects after each session. | |