

# BTEC Sport– Year 9



## **1. Unit 1: Explore types and provision of sport and physical activity for different types of Participant**

Students will learn about the different provision there is in sport, and how the public access sports in society



## **2. Assessment Window 1**

Assessment to cover provision in sport (LA A)



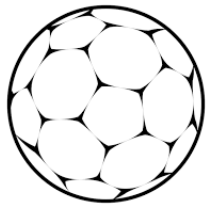
## **4. Assessment Window 2**

Assessment to cover how equipment and technology is used in sport (LA B)



## **3. Unit 2: Examine equipment and technology required for participants to use when taking part in sport and physical activity**

Students will learn about how technology in sport is used to help and improve the quality of sport and physical activity



## **5. Unit 3: Be able to prepare participants to take part in sport and physical activity.**

Students will learn about how to deliver a coaching session. They will need to understand and practically deliver this to a group



## **6. Assessment Window 3**

End of year assessment to cover leadership of a PE lesson (LA C).

# BTEC Sport– Year 10



## 1. Unit 1: Understand how different components of fitness are used in different physical activities

Students will learn about the different types of fitness and how they link to a chosen sport



## 2. Assessment Window 1

Assessment to cover components of fitness (LA A)



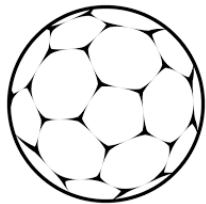
## 4. Assessment Window 2

Assessment to cover rules and regulations/roles of officials in sport (LA B)



## 3. Unit 2: Be able to participate in sport and understand the roles and responsibilities of officials

Students will learn about the different rules and regulations that are needed for a chosen sport



## 5. Unit 3: Demonstrate ways to improve participants sporting techniques.

Students will learn about how to deliver a coaching session. They will need to understand and practically deliver this to a group



## 6. Assessment Window 3

End of year assessment to cover leadership of a PE lesson (LA C).

# BTEC Sport– Year 11



1. **Unit 1: Demonstrate understanding of knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and**



## 2. **Assessment Window 1**

Assessment to cover components of fitness (LA A)



4. **Assessment Window 2**  
Assessment to Fitness testing (LA B)



3. **Unit 2: Apply an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise**



Training Methods  
High Performance

5. **Unit 3: Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise**



## 6. **Assessment Window 3**

End of year assessment to cover fitness training methods (LA C).