

BTEC Tech Award in Sport



Year 11
Curriculum Map

	<h2 style="text-align: center;">Year 11 – Autumn Term BTEC Tech Award in Sport</h2>
Prior Learning	<p>Pupils will have started to study Component 3: Developing fitness to improve other participants performance in sport and physical activity in the summer term of year 10, which will be assessed with an external examination towards the end of year 11. Theory from component 1 such as anatomy and physiology and the effects of exercise on the musculoskeletal and cardiorespiratory systems will be revisited and provide pupils with a strong grounding for the theory in Components 3.</p>
What will I learn?	<p>Pupils will develop an understanding of the importance of fitness and the different types of fitness for performance in sport and physical activity. Pupils will explore how sports performers try to reach their best/optimal levels which requires years of dedication to training. Pupils will gain an understanding of the different component of fitness, fitness tests and training methods and training principles that can be incorporated into their training programme/regime to further enhance and improve their sports performance.</p>
How will I be assessed?	<p>Pupils will participate in formative assessment during lessons such as low stakes quizzes, use of mini whiteboard, practical activities with lots of verbal feedback, and self and/or peer assessment. Pupils will receive written feedback after each unit test, mock assessment or practice exam questions in line with the Pearson Edexcel BTEC Sport marking criterions or mark schemes. Pupils will complete an External Synoptic worth 60 marks which consists of a supervised assessment of 1hr 30 mins. The assessment is available in January/February and/or May/June of year 11.</p>
Next Steps	<p>Pupils will continue to study Component 2: Taking part and improving other participants sporting performances, which will be assessed with a Pearson Set Assessment (PSA). Theory from component 3 such as components of physical and skill-related fitness and how they impact on performance in a variety of sports will be revisited and provide pupils with a strong grounding for the theory in components 3.</p>
Opportunities for Independent Learning	<p>The EverLearner – BTEC Tech Award 2022 Component 3 videos https://www.youtube.com/watch?v=RC0LfXplqZA&list=PL2VOuuWnbIB3eZFUtoGk5oYsLNCM0H8Cn</p> <p>Becoming a member at a local gym, developing a training programme, observing personal trainers in action and/or even participate in personal training session.</p>
Personal Development and CEIAG	<p>Pupils will develop their health and physical fitness, through sport and physical activity. When participating in training sessions, different training methods and fitness tests, they will experience teamwork qualities such as communication, leadership, decision-making and problem solving. As well as developing personal qualities such as independence, resilience, and co-operation.</p>
Enrichment Opportunities (Cultural Capital)	<p>Pupils are encouraged to get involved with sport in school and within the wider community. Pupils would benefit a great deal from taking a lead during these sessions and developing the skills they will be learning about on this course. The PE department has details and contacts of local gyms, leisure centres, clubs and teams, which can provide playing, coaching and officiating opportunities. Attending any live sporting fixtures would be incredibly beneficial for the pupils on this course and would bring the content they are covering to life.</p>



Year 11 – Spring Term

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Prior Learning	Pupils will be preparing to complete component 2: Taking part and improving other participants sporting performances. Pupils should have participated in a range of different physical activities during key stage 3 and the start of key stage 4. Pupils may also participate in different sports and physical activities outside of school at local gyms, leisure centres, clubs and teams so will be aware of the different skills, tactics/strategies and rules required for their chosen sport so they can plan a 10-minute training session including specific drills and conditioned practices.
What will I learn?	Pupils will learn about the different components of physical and skill-related fitness and how they impact on performance in a variety of different types of sports and physical activities. Pupils will also continue to practice and improve their own performance of specific skills in isolated practices for their chosen sport and be able to demonstrate skills and strategies in competitive situations, as well as effective decision-making during the competitive situations. Pupils will also continue to develop their knowledge, understanding and practical skills that are required to be an effective sport leader. They will focus on the aspects and qualities that must be considered and demonstrated when planning and delivering a safe and effective training sessions themselves. Pupils will be encouraged to consider and evaluate their delivery and, by doing so, develop their ability to communicate with an audience verbally and through practical demonstration, so they can support the improvement of performers with different needs and abilities. Pupils will develop a deep understanding of safe and appropriate practice, such as organisation of group/activity and safe supervision, delivery style, communication skills, appropriate language and technical terms, motivation techniques, activity-specific knowledge, tactics which are appropriate to the requirements of the performers and adaptability.
How will I be assessed?	Pupils will participate in formative assessment during lessons such as low stakes quizzes, use of mini whiteboard, practical activities with lots of verbal feedback, and self and/or peer assessment. Pupils will receive written feedback after each unit test, mock assessment or practice exam questions in line with the Pearson Edexcel BTEC Sport marking criterions or mark schemes. For the Pearson Set Assessment (PSA), the pupils' assignments will be internally marked and moderated using the set marking criteria for each assignment and then externally moderated by an external moderator.
Next Steps	Pupils should have completed component 2: Taking part and improving other participants sporting performances, and marks sent to the external moderator by 1 st May.
Opportunities for Independent Learning	How to plan and organise a coaching session - https://www.ukcoaching.org/resources/topics/videos/how-to-plan-and-organise-a-coaching-session Pupils should use the websites of National and International Governing Bodies for sports to improve their knowledge of the rules and regulations of their sports. Pupils can research on the internet different skills, drills and conditioned practices to help improve and support participants in their chosen sport when delivering a training session.
Personal Development and CEIAG	Pupils will develop their health, physical fitness and skill level, through sport and physical activity. When participating in competitive situations, they will experience teamwork qualities such as communication, leadership, decision-making and problem solving when playing. As well as developing personal qualities such as independence, resilience, and co-operation. When leading the training sessions or fitness tests, pupils will develop their communication, organisation, time management, safety awareness and flexible skills to support the participants appropriately with the specific drills and conditioned practices.

	Pupils will develop leadership qualities when coaching partners and performing simple training methods/programmes. Personal trainers, physiotherapists and sports rehabilitation/massage are needed for athletes to be successful at the top level and for the general public to improve the health of the nation.
Enrichment Opportunities (Cultural Capital)	<p>Pupils are encouraged to get involved with sport in school and within the wider community. Pupils would benefit a great deal from taking a lead during these sessions and developing the skills they will be learning about on this course. The PE department has details and contacts of local gyms, leisure centres, clubs and teams, which can provide playing, coaching and officiating opportunities. Attending any live sporting fixtures would be incredibly beneficial for the pupils on this course and would bring the content they are covering to life.</p> <p>This video clip will help with understanding what leadership is</p> <p>https://www.youtube.com/watch?v=4jWZVtkJdC0</p>