



# Denton Community College

## Departmental Curriculum Map

### Subject: BTEC Sport

### Year Group: 11



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topics</b>	<b>C2 - LA.A</b> A - Training to improve fitness for sport and activity	<b>C2 - LA.B</b> B - Nutrition for sport and activity	<b>C2 - LA.C</b> C - The psychological influence that motivation, self-confidence and anxiety have on participation in sport and activity	<b>C3 - LA.A &amp; LA.B</b> Understand the fundamentals of sport and activity leadership, Planning sessions for target groups.	<b>C3 - LA.C</b> Delivering and reviewing sessions for target groups	<b>C2 - LA.A, LA.B &amp; LA.C</b> Content taken from Autumn term 1-2 & Spring term 2
<b>What will students learn during this unit?</b>	A1 - Interpreting fitness data in relation to sport and activity A2 - Methods of training for sport and activity A3 - The FITT principles of training A4 - Understanding fitness programmes	B1 - Macronutrients - Carbohydrates/ Proteins/Fats B2 - Micronutrients - Vitamins/Minerals B3 - Hydration B4 - Improving nutrition for sport and activity	C1 - The impact of motivation on participation in sport and activity C2 - The impact self-confidence can have on participation in sport and activity C3 - The impact of anxiety on participation in sport and activity	A1 - Attributes of a leader A2 - The benefits of participation in sport and activity sessions B1 - Target groups B2 - Types of sessions B3 - Session plan	C1 - Methods of delivery/success C2 - Methods of reviewing	Component 2 resit exam is in May. Students will work on mock exam papers, exam style questions and extended responses when they return after the Easter/May break until the exam.
<b>When will students be assessed?</b>	Every 3 weeks on a piece of extended writing and every half	Every 3 weeks on a piece of extended writing and every half	Every 3 weeks on a piece of extended writing and every half	Students will have 4 weeks of learning and 3 weeks working on	Students will have 4 weeks of learning and 3 weeks working on	Every 2 weeks on an extended exam question, mock exam

