

Denton Community College

Departmental Curriculum Map

Subject: BTEC Sport Year Group: 11



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	C2 - LA.A A - Training to improve fitness for sport and activity	C2 - LA.B B - Nutrition for sport and activity	C2 - LA.C C - The psychological influence that motivation, self-confidence and anxiety have on participation in sport and activity	C3 - LA.A & LA.B Understand the fundamentals of sport and activity leadership, Planning sessions for target groups.	C3 - LA.C Delivering and reviewing sessions for target groups	C2 - LA.A, LA.B & LA.C Content taken from Autumn term 1-2 & Spring term 2
What will students learn during this unit?	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 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.
When will students be	Every 3 weeks on a piece of extended	Every 3 weeks on a piece of extended	Every 3 weeks on a piece of extended	Students will have 4 weeks of learning and	Students will have 4 weeks of learning and	Every 2 weeks on an extended exam
assessed?	writing and every half	writing and every half	writing and every half	3 weeks working on	3 weeks working on	question, mock exam

	term with a mock	term with a mock	term with a mock	the assignment.	the assignment.	style paper or
	exam style paper on	exam style paper on	exam style paper on	Assessments are made	Assessments are made	questions
	the content learned	the content learned	the content learned	after the hand in date.	after the hand in date.	questions
How will	Extended writing tasks	Extended writing tasks	Extended writing tasks	Pass, Merit &	Pass, Merit &	Peer and teacher
students be	& mock exam style	& mock exam style	& mock exam style	Distinction task in the	Distinction task in the	assessment, extended
assessed?	questions/papers.	questions/papers.	questions/papers.	form of a written	form of a written	writing questions,
	queeners, papers	quicononio, purposio	quadanting, purposes	booklet, session plans	review for the	mock exam style
				for 2 chosen sports	sport/activities lead.	papers and questions.
Key Vocabulary	Components of fitness	Macronutrients,	Motivation - intrinsic	Motivation, planning,	Motivation, planning,	All content and key
,	- Balance, Power,	Carbohydrates, Fats,	& extrinsic. Tangible	leading,	leading,	vocabulary from
	Aerobic Endurance,	Proteins,	and intangible. Anxiety	differentiation, target	differentiation, target	Component 2
	Strength, Flexibility,	Micronutrients,	- state & trait.	groups, aims,	groups, aims,	·
	Muscular Endurance,	Vitamins, Minerals	Cognitive & somatic.	objectives, verbal &	objectives, verbal &	
	Multi stage fitness		Self confidence, goal	none verbal	none verbal	
	test, 12 minute cooper		setting, self talk, team	communication.	communication.	
	run, grip		talk. Arousal.	Feedback, reflection,	Feedback, reflection,	
	dynamometer, vertical			self assessment=ment.	self assessment=ment.	
	jump, sit & reach,					
	Body Mass Index, sit					
	up/press up test,					
	Maximum heart rate,					
	Exercise intensities,					
	Training zones, Borg					
	Scale, Rate of					
	perceived exertion,					
	Frequency, Intensity,					
	Time, Type, Specificity,					
	Progressive Overload,					
	Overtraining,					
	Reversibility,					
	Participants needs.					
Homework	Students given	Students given	Students given	Students given	Students given	Students given
opportunities to	extended writing tasks	extended writing tasks	extended writing tasks	extended writing tasks	extended writing tasks	extended writing tasks
broaden or	every 3 lessons - aid	every 3 lessons - aid	every 3 lessons - aid	every 3 lessons - aid	every 3 lessons - aid	every 3 lessons - aid
deepen student	the development of	the development of	the development of	the development of	the development of	the development of
knowledge	evaluation/analysis	evaluation/analysis	evaluation/analysis	evaluation/analysis	evaluation/analysis	evaluation/analysis
	ability needed for	ability needed for	ability needed for	ability needed for	ability needed for	ability needed for
	merit/distinction level	merit/distinction level	merit/distinction level	merit/distinction level	merit/distinction level	merit/distinction level