

Level 2 BTEC Sport

	Autumn Term		Spring Term		Summer Term	
Year	HT1	HT2	HT3	HT4	HT5	HT6
10	<p>Unit: Unit 2 Practical Sport Performance</p> <p>Content: Learning Aim A: Understanding the Rules, Regulations and Scoring Systems for selected Sports</p> <p>Key assessments: Assignment 1 (Presentation)</p>	<p>Unit: Unit 2 Practical Sport Performance</p> <p>Content: Learning Aim B: Practically demonstrate skills, techniques and tactics in selected spots.</p> <p>Key assessments: Practical Video Evidence and Training Logs</p>	<p>Unit: Unit 2 Practical Sport Performance</p> <p>Content: Learning Aim C: To be able to review Sports Performance</p> <p>Key assessments: Assignment 2 (Sport Performance Evaluation)</p>		<p>Unit: Unit 1: Fitness for Sport and Exercise</p> <p>Content: Learning Aim A: Know about the Components of Fitness and Principles of Training</p> <p>Key assessments: Mock Exam 1 (COF and POT)</p>	<p>Unit: Unit 1: Fitness for Sport and Exercise</p> <p>Content: Learning Aim B: Explore Different methods of training Learning Aim C: Investigating Fitness Testing to determine Fitness levels.</p> <p>Key assessments: Mock Exam 2 (Training and FT) Online Exam – Jan/Feb Yr 1</p>
11	<p>Unit: Unit 6: Leading Sports Activities</p> <p>Content: Learning Aim A: Attributes of Successful Sports Leaders Learning Aim B: Planning and Leading Sports Activities</p> <p>Key assessments: Assignment 1: Newspaper Article (2 Sports Leaders) Assignment 2: Session Plan and Video Evidence</p>	<p>Unit: Unit 6: Leading Sports Activities</p> <p>Content: Learning Aim C: Reviewing and Evaluating Sports Leadership Activities</p> <p>Key assessments: Assignment 3: Strengths, Weaknesses and Targets Documents.</p>	<p>Unit: Unit 3: Applying the Principles of Personal Training</p> <p>Content: Learning Aim A: Design a Personal Fitness Programme Learning Aim B: Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training</p> <p>Key assessments: Assignment 1: Personal Fitness Programme Assignment 2: A3 Poster or Presentation</p>	<p>Unit: Unit 3: Applying the Principles of Personal Training</p> <p>Content: Learning Aim C: Implement a self-designed personal fitness training programme to achieve own goals and objectives Learning aim D: Review a personal fitness training programme</p> <p>Key assessments: Assignment 3: Video Evidence of Training Programme Assignment 4: Evaluation of Training Programme</p>		