

Year 11 Sport BTEC curriculum map

	<u>Topic</u>	<u>Key concept – what do I want the students to learn from this unit?</u>	<u>What knowledge will they acquire?</u>
YEAR 11 OVERVIEW			
Half Term 1 , 2, 3	Unit 1 Fitness for sport and exercise	Know about the components of fitness and the principles of training	<p>All sports performers want to be the best they can be. To reach optimal levels requires years of dedication to training, including successfully overcoming any barriers (such as injury) which might prevent a performer from achieving their goals. Working closely with their coach, the performer will gain an appreciation and understanding of the different fitness components, training principles, training methods and fitness tests which can be incorporated into their training regime to further enhance and improve their sports performance.</p> <p>Physical and skill-related fitness components, including aerobic endurance, body composition and power, are related to positive health and wellbeing. Sports performers train regularly to improve and maintain their fitness levels and performance. Their training programmes are tailored to their specific training needs and their sport. A performer’s training cycle can incorporate lots of different fitness training methods, such as circuits for muscular strength and endurance. Incorporating different fitness training methods keeps training interesting, which helps to keep motivation levels high.</p> <p>Before different training methods can be explored, the sports performer needs to find out about their baseline fitness levels and what measures need to be improved. Fitness tests are essential; they help to identify areas that need improving and to track fitness improvements and progress over time. Fitness test results give an objective overview of performance and are used by sports coaches to ensure training continues to meet the performer’s needs.</p> <p>Fitness for sport and exercise is core to the programme of study. This unit underpins, the other units for sport.</p> <p>In learning aim A you will cover the components of physical and skill-related fitness and the principles of training.</p> <p>Learning aim B explores different fitness training methods for developing components of fitness, and for learning aim C you will gain knowledge and skills in undertaking and administering fitness tests.</p> <p>This unit is particularly relevant if you would like to progress into qualifications in sports coaching, elite sport or personal training.</p>
Half term 4	Unit 3 Applying the Principles of Personal Training	Training programme design Assignment 1	Design a safe six-week personal fitness training programme to meet an activity/sport goal which meets the needs of the individual, showing creativity in the design. 2A.D1 Justify the training programme design, explaining links to personal information.
Half Term 5	Unit 3 Applying the Principles of Personal Training	My training diary: training for success! Assignment 2	Safely implement a successful six-week personal fitness training programme, maintaining a training diary to evaluate performance and progress.
Half Term 6	Unit 3 Applying the Principles of Personal Training	Programme Review: What’s Next? Assignment 3	Explain the results, strengths of the training programme set for an activity/sport goal and areas for improvement, providing recommendations for future training and performance.

