

Phase 4 BTEC Technical Award in Sport Overview (Key Stage 4)

Year	Year 10 (Sept 2020 onwards)					
Foci	Students will begin the BTEC Technical Award in Sport course and complete 2 units during this year: Unit 1 and Unit 2. Students will develop knowledge of the body systems, common sports injuries and technological advances that impact on sport and activity in unit 1. In unit 2 students will develop key skills that support their theoretical understanding of the training, nutrition and psychological factors that influence and impact on engagement in sport and activity.					
Time	6 weeks	5-6 weeks	6-7 weeks	5-6 weeks	6 weeks	6 weeks
Project	Unit 1 LAA - Investigate the impact of sport and activity on the body systems	Unit 1 LAB - Explore common injuries in sport and activity and methods of rehabilitation	Unit 1 LAC - Understand the use of technology for sport and activity	Unit 2 LAA - Training to improve fitness for sport and activity	Unit 2 LAB - Nutrition for sport and activity	Unit 3 - LAC - The psychological influence that motivation, self confidence, and anxiety have on participation of sport and activity
Subject	Anatomy and Physiology	Health and fitness components	Technology in Sport	Training to improve fitness	Nutrition for sport and activity	Psychological benefits of participation in sport and activity
Key Idea	Body systems	Common injuries in sport	Technology in Sport	Training and Fitness	Nutrition and diet	Psychology
Spec. Ref	A1 - P1, P2, M1,M2 A2 - P1, P2, M1, D1	B1 - P3, M3 B2 - M2, D2	C1 - P4, M4 C2 - P4, M3, D3	2.A1, A2, A3, A4	2.B1, B2, B3, B4	2. C1, C2, C3
Driving Question	How does sport and activity affect our body systems?	How can I prevent injury when participating in sport?	How does technology enhance our performance?	How can I improve fitness for sport and activity?	How can a healthy diet benefit my performance?	How can sport and activity help my mental health?
Topics	A1 - The body systems	B1 - Common injuries in	C1 - Different types of	A1 - Interpreting fitness	B1 - Macronutrients	C1 - The impact of

	A2 - Physiological impact of engagement in sport and activity on the body systems	sport B2 - Causes of common injuries B3 - Management and rehabilitation of common sporting injuries.	technology in sport and activity. C2 - The benefits of technology on improving body systems in sport and activity. C3 - Limitations of technology to sport and activity	data in relation to sport and activity. A2 - Methods of training for sport and activity. A3 - The FITT principles and principles of training A4 - Understanding fitness programmes.	B2 - Micronutrients B3 - Hydration B4 - Improving nutrition for sport and activity	motivation on participation in sport and activity. C2 - The impact of self-confidence can have on participation in sport and activity C3 - The impact of anxiety on participation in sport and activity.
Assessment	For the first unit the students will be internally assessed through 3 different assignment briefs which are in the form of a presentation or extended piece of writing. The second unit will require the students to be externally assessed through an exam.					

Year	Year 11 (Sept 2021 onwards)								
Foci	Students will complete their final unit during this year. Students will study the attributes of a successful sports leader and the physical and psychological benefits for the people taking part in their sessions. Students will then plan and lead an engaging activity session. This component builds on knowledge, understanding and skills acquired and developed in Components 1 and 2, and includes synoptic assessment.								
Time	6 weeks	6 weeks	6-10 weeks						
Project	Unit 3 LAA - Understand the fundamentals of sport and activity leadership	Unit 3 LAB - Planning sessions or target groups	Unit 3 LAC - Delivering and reviewing sessions for target groups						
Subject	Attributes of a sports leader	Planning a sports session	Delivering and reflecting						
Spec. Ref	A1 - P1, P2, M1, M2 A2 - P1, P2, M1, D1	B1 - P3, M3. B2 - P3, M2, D2	C1 - P4, M4 C2 - P4, M3, D3						



LEARNING TOGETHER, ACHIEVING EXCELLENCE:
CURRICULUM OVERVIEW - Long term plan

Driving Question	What does a good leader look like?	How can I plan a safe and inclusive sports session?	How can reflection benefit my delivery?						
Topics	A1 - Attributes of a leader A2 - The benefits of participations in sport and activity sessions	B1 - Target groups B2 - Types of sessions B3 - Session planning	C1 - Methods of delivery/success C2 - Methods of reviewing						
Assessment	This unit includes synoptic assessment. Learners will plan and deliver an appropriate session plan for a specific target group that will encourage and support participation in exercise. To complete the synoptic assessment, they will draw on knowledge and understanding from across the qualification on how exercise impacts on the body, how participation can be increased, planning an effective session and the psychological influences on participation.								

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Time										
Project										
Subject										
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Topics										
Assessment										