



# BTEC SPORT CURRICULUM MAP



## FURTHER STUDY

- A-level Physical Education
- Btec Sport National Diploma
- Physiotherapy
- A-level Sports Science
- Sports Studies
- Sports Journalism.

## CAREER PATHS

- Professional Sportsperson
- Analyst
- Sport Scientist
- PE Teacher
- Coach
- Journalism & Broadcasting
- Marketing
- Sports Nutrition
- Sports and Leisure Management

## SKILLS

- Analysis
- Practical
- Communication
- Cultural understanding
- Literacy
- Organisation
- Problem solving
- Evaluation

## INTEREST

**Principles of Training: Musculoskeletal and Cardiorespiratory System**  
Unit 3

**Principles of Training: Implement your own personal Training Programme**  
Unit 3

**Principles of Training: Reviewing the Personal Training Programme**  
Unit 3

**Principles of Training: Training Programme**  
Unit 3

### Assessment

Independence

**YEAR 11**

**Fitness for Sport and Exercise:**  
Components of Fitness  
Training Methods  
Fitness Testing  
Unit 1

### EXAMS

Technique & Tactics

### Assessment

**Practical Sports Performance:**  
Students practise and execute a variety of skills in 4 sports

**Careers in Sport:**  
Students will learn about the various careers within sport

**The Olympics:**  
Research into the Summer and Winter Olympics

**Skill Development:**  
Students develop their knowledge of skills within various sports

### Assessment

Research Skills

**Components of Fitness:**  
The 11 Components of Fitness

**Professional Athlete Research:**

- Achievements
- Strengths/Weaknesses
- Training Programme
- Sleep Pattern+Diet
- Clothing and Equipment
- Technology

**YEAR 9**

**Intensity of Training**

**Safety when Training**

### Assessment

What are they and the tests associated with them?

The start of your first BTEC assignment

### End of Year Assessment

ASK: What can a performer do to stay safe when training?

**ASK: Why do performers need a combination of fitness components? Components of Fitness.**

**What is Fitness?**

**YEAR 7**

**Preparation Work.**

**YEAR 8**

**Fitness Testing.**

**Types of Training**

ASK: What are the ten components of fitness?



## Pass

Describe- Give a detailed account in words

## Merit

Explain- To give a reason why.

## Distinction

Compare & Contrast- To find similarities and differences