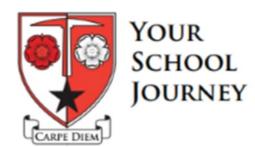
YEAR 11 - BTEC Sport, Activity and Fitness

Year 11 programme.

Year 11 groups are timetabled 3 lessons of BTEC Sport each week throughout the full year. The course consists of 3 Components. Components 1 and 3 are internally assessed by the completion of assignments. Both components are worth 30% each. Component 2



is externally assessed by the completion of an exam worth 40%, which is marked by the exam board.

During year 10 students followed the BTEC Sport, Activity and Fitness Syllabus but this was significantly COVID disrupted meaning some students have not been able to complete Component1. Time will be allocated each week to assignment completion as well as resubmissions. Students may need to attend additional sessions to complete this work. (2 lessons per week Component 2, 1 lesson per week plus extra session component 1 completion)

Following this, students will complete the preparation and learning for component 2 first resulting in an external exam in February 2022. The remainder of the year will be spent completing work required to submit assignments for component 3 with a resit opportunity for the component 2 exam available in May 2022. Students will be set weekly written and revision homework for this component.

Half term 1 Component 2 preparation – Sections 1 and 2. Fitness and – Sept/Oct training and Nutrition

Half term 2 Component 2 preparation – Section 3. Sport Psychology

Nov/Dec

Half term 3 Component 2 Revision, mock exam and external examination

Jan/Feb

Half term 4 Component 3 – Assignment 1. Skills and qualities of a sports

Mar/Apr leader

Half term 5 Component 3 – Assignment 2. Session planning and

May/Jun Component 2 resit

Half term 6 Component 3 - Assignment 3. Session delivery and evaluation

Jun/Jul

Components 1 and 3 are divided into 3 Learning Aims each aim has a formal assignment which has to be completed for and internal deadline published on the assessment plan. Students get one opportunity to resit this assignment if the grade achieved is below their capabilities.

Component 2

Section 1 - Fitness and training

Components of fitness: aerobic endurance, muscular endurance, flexibility, speed, strength, power and body composition

Fitness tests for each component of fitness

Using normative tables to analyse fitness testing data

Interpreting fitness data and linking scores to the impact on sport and activity participation Methods of training used to improve aerobic endurance, muscular endurance, flexibility, power, speed

Advantages and disadvantages of each training method for the components of fitness Link between the advantages of the training methods in relation to sport or activity type The FITT principles

Applying the FITT principles to training

The Principles of Training

Applying the principles of training to sport/activity or fitness training

Collecting relevant information before creating a fitness programme

Using information about a client to structure a fitness programme

The structure of a fitness programme and the components of a session plan

Appropriate activities for a fitness session plan

The structure of a fitness programme and the components of a session plan

Appropriate activities for a fitness session plan

Section 2 - Nutrition

Dehydration and recommended daily intake

Benefits of hydration and negatives of poor hydration

Features of a healthy diet and how to recognise them

Link between positive features of a healthy diet and positive sport and activity performance

Methods to enhance sport and activity through nutritional change

Link between specific sports and appropriate nutritional change

Legal supplements

Identifying when legal supplements should be used to enhance performance

Prepare for final externally set assessment with recap and internal evaluation of learners understanding and gaps in knowledge

Section 3 – Sports Psychology

The definition of motivation

Types of motivation and where they can be seen in sport and activity

Benefits of increased motivation

Effect of increased motivation on participation levels

Definition of self-confidence

Benefits of self-confidence

Effect of increasing self-confidence on participation levels

Methods of increasing self-confidence

The role of including a leader/instructor/peer in increasing self-confidence

Types of anxiety

Effects of anxiety on participation

Methods of controlling anxiety

Applying methods of anxiety control to different groups