

YEAR 11 - BTEC Sport, Activity and Fitness



YOUR
SCHOOL
JOURNEY

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 Component 1. 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/June	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