



KS4 BTEC Sport Tech Award – Curriculum in detail

BTEC Tech Awards 22 Sport Year 10	Autumn Term		Spring Term		Summer Term	
	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
	<p>Module Name Component 1: Preparing Participants to Take Part in Sport or Physical Activity.</p> <p>LOA - Learning Focus: To explore different types and provision of sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation</p> <p>Mastery To (Distinction): Comprehensive application of knowledge and understanding of suitable physical activities for the needs of a selected participant and the type of sport and activity provision.</p>	<p>Module Name Component 1: Preparing Participants to Take Part in Sport or Physical Activity.</p> <p>LOB - Learning Focus: Examine equipment and technology required for participants to use when taking part in sport and physical activity.</p> <p>Mastery To (Distinction): Comprehensive application of knowledge and understanding of the types of sports clothing, equipment and technology.</p>	<p>Module Name Component 1: Preparing Participants to Take Part in Sport or Physical Activity.</p> <p>LOC - Learning Focus: To effectively plan, adapt and deliver a warm up.</p> <p>Mastery To (Distinction): Comprehensive application of knowledge of planning a warm-up, linking understanding to cardiorespiratory and musculoskeletal systems.</p> <p>Internal Assessment (Coursework) for Component 1</p>	<p>Module Name Component 2: Taking Part and Improving Other Participants Sporting Performance.</p> <p>LOA - Learning Focus: Understand how different components of fitness are used in different physical activities</p> <p>Mastery To (Distinction): Comprehensive application of knowledge and understanding of physical fitness and skill-related components of fitness and their impact on performance</p>	<p>Module Name Component 2: Taking Part and Improving Other Participants Sporting Performance.</p> <p>LOB - Learning Focus: Be able to participate in sport and understand the roles and responsibilities of officials</p> <p>Mastery To (Distinction): Confident demonstration of practical ability through participation in their chosen sport. Comprehensive application of knowledge and understanding of rules, regulations and officiating within a sport.</p>	<p>Module Name Component 2: Taking Part and Improving Other Participants Sporting Performance.</p> <p>LOC - Learning Focus: Demonstrate ways to improve participants sporting techniques. Planning drills and conditioned practices to develop participants' sporting skills</p> <p>Mastery To (Distinction): Comprehensive application of knowledge and understanding of planning drills and conditioned practices for a chosen sport skill.</p>

<p>Year 11</p>	<p>Internal Assessment (Coursework) for Component 2</p> <p>Module Name Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity.</p> <p>LOA – Learning Focus: Explore the importance of fitness for sports performance. The importance of fitness for successful participation in sport. Understanding FITT principles and training intensities.</p> <p>Mastery To (Distinction): Greater depth of understanding is clearly shown and linked to training zones.</p>	<p>Module Name Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity.</p> <p>LOB – Learning Focus: To understand the importance of fitness testing and which test are appropriate for each COF. Identifying requirements for administration of each fitness test.</p> <p>Mastery To (Distinction): Applies knowledge directly to specific sporting scenarios, ensuring that each sporting context is relevant. Justifies the inclusion of each test, stating specifically why it is relevant.</p>	<p>Module Name Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity.</p> <p>LOC – Learning Focus Understanding requirements for each of the following fitness training methods. Knowing fitness training methods for all components of fitness.</p> <p>Mastery To (Distinction): Applies knowledge directly to specific sporting scenarios, ensuring that each sporting context is relevant. Compare and contrast how the musculoskeletal and cardiorespiratory systems respond and adapt to exercise.</p>	<p>Module Name Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity.</p> <p>LOD - Learning Focus Investigating fitness programming to improve fitness and sports performance. Designing a fitness programme. Understanding motivational techniques.</p> <p>Mastery To (Distinction): Analysis of the programme and justify recommendations for future training.</p> <p>EXAM PREP and Revision</p> <p>Module Focus Revision of all areas from Component 3 to support with exam and retakes.</p>	<p>Exam</p>	<p>Course Completed</p>
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