BTEC Tech in Sport Learning Journey

Year 11

Component 3: D3
- Types of motivation
- Principles
- Personal goals
- Benefits



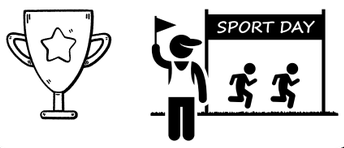
Component 3: D1 and D2
- Personal information
- Fitness programme design



Component 3: C4, 5 and 6
- Advantages & disadvantages
- Different provisions
- Effects of long term fitness on the body



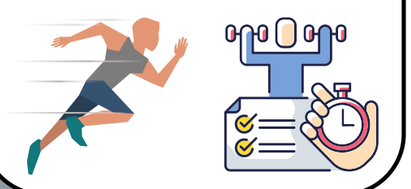
Assist With Sports Day
- Use knowledge of 3 units to assist with the school sports day.
- Officiating and leading events



External Examination



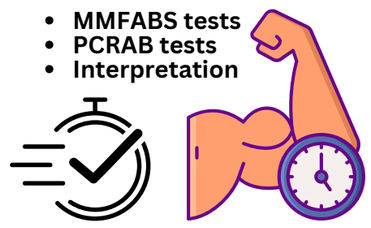
Component 3: C2 and 3
- Methods of MMFABS
- Methods of PCRAB



Component 3: B1
- Reasons for fitness testing
- Pre-test procedures
- Knowledge, accuracy, selection
- Reliability of tests
- Validity of tests
- Practicality



Component 3: B2, 3 and 4
- MMFABS tests
- PCRAB tests
- Interpretation



Component 3: C
- Warm up & cool down
- Linking fitness methods
- Application of FITT & intensities



Component 3: A3
- Intensities
- Target zones
- Borg
- RPE
- Technology



Component 3: A1 and A2
- Types of sports requiring specific components of fitness
- FITT & Additional principles



Welcome Back
- Recap two units
- Expectations.
- Outline remaining units & vocabulary



Year 10

Component 2: A2
- Power
- Agility
- Reaction time
- Balance
- Coordination



Component 2: B1
- Skills
- Strategies
- Isolated practices and competitive situations

Component 2: B2
- Key officials
- Responsibilities

Component 2: B3
- Key rules & regulations



Component 3: C1
- Drills & conditions
- Demonstrations
- Teaching points



Component 3: C2
- Organisation
- Supporting participants

Assist With Sports Day!
- Use knowledge of 2 units to assist with the school sports day.
- Officiating and leading events



Component 2: A1
- Aerobic endurance
- Muscular endurance
- Muscular Strength
- Speed
- Flexibility
- Body Composition



Component 1: C
- Planning a warm up
- Types of response on cardiorespiratory & musculosketal systems
- Mobilisation
- Stretching
- Adaptation



Component 1: B1, 2 and 3
- Sports clothing, footwear, sports equipment
- Different types of technology
- Limitations of the technology



Year 10

Introduction
- Course expectations
- Course breakdown
- Outline
- remaining
- units &
- vocabulary



Component 1: A1
- Types of physical activity and Sport, benefits of sports, outdoor activities and benefits.
- Physical activities and benefits
- Provision of sport & physical activities
- Characteristics, advantages and disadvantages of provision



Component 1: A2
- Types of participants
- Participants of ages, disabilities.
- Physical activity needs
- Physical, social, mental
- Barriers to participation and methods to assess



Year 11 Overview

We encourage personal development through practical participation and performance in a range of sports and exercise activities. The qualification enables learners to develop their sector-specific skills, such as sport analysis and sports leadership, using realistic vocational contexts, and personal skills, such as communication, planning, time management and teamwork through a practical and skills-based approach to learning and assessment. The qualification recognises the value of learning skills, knowledge and vocational attributes to complement GCSEs. This will broaden learners' experience and understanding of the varied progression options available to them.

Year 10 Overview

We explore the different types of participant and their needs in order to gain an understanding of how to increase participation for others in sport and physical activity and further develop their knowledge and understanding of anatomy and physiology. Learners will undertake practical sessions to develop skills in planning and delivering sports activity sessions to participants. Give learners a wider understanding and appreciation of health-related fitness, sports and exercise through a selection of specialist units. Encourage learners to develop their people, communication, planning and team-working skills by having the opportunity to select skills from units available in the qualification structure. Provide education and training for sport, leisure and recreation employees.

"Every day is a chance to get stronger, eat better and be the best version of you!"