

1. Curriculum map by Year: Year 10 BTEC Sport

Lesson Focus			Lesson Focus	Homework	Assessment	Enrichment
Double Lesson			Single Lesson			
06.09.21	Week 1	Unit 1 Learning Aim A – Components of physical fitness A.1 Aerobic endurance, muscular endurance, flexibility, speed, muscular strength, body composition	A.1 Aerobic endurance, muscular endurance, flexibility, speed, muscular strength, body composition	Exam Question on work pack 1 Complete the exam questions (Page 6, 7, 10, 11, 14 & 15 of the BTEC Revision Guide)		Enrichment Clubs are advertised around school, on our website. Trips: - Champs League Fixture Interhouse Competitions: - Basketball Netball
13.09.21	Week 2	A.1 Aerobic endurance, muscular endurance, flexibility, speed, muscular strength, body composition	A.1 Aerobic endurance, muscular endurance, flexibility, speed, muscular strength, body composition	Flipped Learning Sheet – using the Specification, can you research all topics and answer the questions at the bottom of the page on workpack 3. Components of fitness homework		
20.09.21	Week 3	A.2 Components of skill related fitness Agility, balance, co-ordination, power, reaction time	A.2 Components of skill related fitness Agility, balance, co-ordination, power, reaction time	Revision of components of fitness Complete the exam questions (Page 24, 25, 26 & 27 of the BTEC Revision Guide)		
27.09.21	Week 4	A.3 Why fitness components are important for participation	A.4 Exercise intensity	Flipped learning – read through and develop an understanding of the additional principles of training. Complete the exam questions (Page 18 & 19 of the BTEC Revision Guide)		
04.10.21	Week 5	A.4 Exercise intensity	A.5 FITT principle	Revise all content previously covered.		
18.10.21	Week 6	A.6 Principles of training	A.6 Principles of training	Revise all content previously covered.	Summative assessment Practise exam	
01.11.21	Week 7	Learning Aim B – Explore different training methods B.1 Requirements for each training method	B.2 Additional Requirements of each	Homework – Flipped Learning – Can you match the training methods to a component of fitness? Complete the exam questions (Page 34 & 35 of the BTEC Revision Guide)		
08.11.21	Week 8	B.3 Flexibility training	B.3 Flexibility training	Complete the exam questions (Page 40 & 41 of the BTEC Revision Guide).		

				Revision of all content so far		Enrichment Clubs are advertised around school, on our website Trips: <ul style="list-style-type: none"> - International Football Fixture - Basketball Fixture Interhouse Competitions: <ul style="list-style-type: none"> - Gymnastics
15.11.21	Week 9	B.3 strength, muscular endurance and power training	B.3 strength, muscular endurance and power training	Continue to add to revision grid. Complete the exam questions (Page 48 & 49 of the BTEC Revision Guide).		
22.11.21	Week 10	B.3 strength, muscular endurance and power training	B.3 Aerobic endurance training	Complete the exam questions (Page 52 & 53 of the BTEC Revision Guide). Complete the exam questions (Page 56 & 57 of the BTEC Revision Guide).		
29.11.21	Week 11	B.3 Aerobic endurance training	B.3 Speed training	Revise for mock exam	Summative assessment Practise exam	
06.12.21	Week 12	Learning Aim C – INVESTIGATING FITNESS TESTING C.1 Fitness tests	C.1 Fitness tests	Complete the exam questions (Page 66 & 67 of the BTEC Revision Guide). Complete the exam questions (Page 70 & 71 of the BTEC Revision Guide).		
13.12.21	Week 13	C.1 Fitness tests	c.1 fitness tests	Complete the exam questions (Page 74 & 75 of the BTEC Revision Guide). Complete the exam questions (Page 78 & 79 of the BTEC Revision Guide).		
03.01.22	Week 14	C.1 Fitness tests	C.2 Importance of fitness testing	Complete the exam questions (Page 82 & 83 of the BTEC Revision Guide). Complete the exam questions (Page 88, 89, 90 & 91 of the BTEC Revision Guide).		
10.01.22	Week 15	C.3 Requirements for each test	C.3 requirements for each test	Complete the exam questions (Page 94 & 95 of the BTEC Revision Guide). Flipped learning – read through Page 96, 97, 98, 99, 100 & 101 of the BTEC Revision Guide.		Enrichment Clubs are advertised around school, on our website Trips: <ul style="list-style-type: none"> - PGL Residential Interhouse Competitions: <ul style="list-style-type: none"> - Dodgeball - Badminton Enrichment Clubs are advertised around school, on our website
17.01.22	Week 16	C.4 Interpreting fitness results	C.4 Interpreting fitness results	Revision for mock		
24.01.22	Week 17	PRACTISE PAPERS/REVISION	PRACTISE PAPERS/REVISION		Summative assessment – full practise mock exam	
31.01.22	Week 18	PRACTISE PAPERS/REVISION	PRACTISE PAPERS/REVISION	REVISION		
07.02.22	Week 19	PRACTISE PAPERS/REVISION	PRACTISE PAPERS/REVISION			

14.02.22	Week 20	PRACTISE PAPERS/REVISION	PRACTISE PAPERS/REVISION	REVISION		Trips: <ul style="list-style-type: none"> - International Football Fixture - Basketball Fixture Interhouse Competitions: <ul style="list-style-type: none"> - Gymnastics
28.02.22	Week 21	UNIT 1 EXTERNAL EXAM				
07.03.22	Week 22	UNIT 2 Learning Aim A – Understand the rules, regulations and scoring systems in two sports ASSIGNMENT 1 – LEARNING AIM A HANDOUT A.1 Rules	A.1 Rules		2A.P1 Describe the rules, regulations and scoring systems of two selected sports. 2A.M1 For each of two selected sports, explain the role and responsibilities of officials and the application of rules, regulations and scoring systems. 2A.D1 Compare and contrast the roles and responsibilities of officials from two selected sports, suggesting valid recommendations for improvement to the application of rules, regulations and scoring systems for each sport.	Enrichment Clubs are advertised around school, on our website. Trips: <ul style="list-style-type: none"> - Netball Super League Interhouse Competitions: <ul style="list-style-type: none"> - Football - Handball
14.03.22	Week 23	A.2 Regulations	A.2 Regulations			
21.03.22	Week 24	A.3 Scoring systems	A.4 Application of the rules (scenarios for 2 sports)		2A.P2 Apply the rules of a selected sport in four specific situations.	
28.03.22	Week 25	A.4 Application of the rules (scenarios for 2 sports)	A.6 Roles of officials		2A.P3 Describe the roles and responsibilities of officials from two selected sports.	
04.04.22	Week 26	A.6 roles of officials	A.7 Responsibilities of officials			
19.04.22	Week 27	COMPLETE ASSIGNMENT 1 (2A. P1, 2A.P2, 2A.P3, 2A. M1, 2A. D1)	COMPLETE ASSIGNMENT 1 (2A. P1, 2A.P2, 2A.P3, 2A. M1, 2A. D1)		Assignment 1 First submission	

26.04.22	Week 28	<p>Learning Aim B – practically demonstrate skills, techniques and tactics</p> <p>ASSIGNMENT 2 – LEARNING AIM B HANDOUT</p> <p>Practical filming – sport 1</p>	B.1 Components of fitness		2B.P4 Describe the components of fitness and technical and tactical demands of two selected sports.	<p>Enrichment Clubs are advertised around school, on our website</p> <p>Trips:</p> <ul style="list-style-type: none"> - Woman's FA Cup Final <p>Interhouse Competitions:</p> <ul style="list-style-type: none"> - Hockey - Cross Country <p>Enrichment Clubs are advertised around school, on our website</p>
03.05.22	Week 29	Practical filming – sport 1	B.1 Components of fitness		<p>2B.P5 Demonstrate relevant skills, techniques and tactics effectively, in two selected sports, in conditioned practices.</p> <p>2B.M2 Demonstrate relevant skills, techniques and tactics effectively, in two selected sports, in competitive situations</p>	<p>Trips:</p> <ul style="list-style-type: none"> - PGL Residential <p>Interhouse Competitions:</p> <ul style="list-style-type: none"> - Dodgeball - Badminton
10.05.22	Week 30	Practical filming – sport 1	b.2 technical demands			
17.05.22	Week 31	Practical filming – sport 2	B.2 Technical demands			
06.06.22	Week 32	Practical filming – sport 2	b.3 Tactical demands			
13.06.22	Week 33	CATCH UP				
20.06.22	Week 34	practical filming – sport 2	Complete assignment B (2B. P4)			
27.06.22	Week 35	Complete assignment B (2B. P4)			Assignment 2 First Submission	<p>Enrichment Clubs are advertised around school, on our website</p> <p>Trips:</p> <ul style="list-style-type: none"> - Cricket T20 - Indoor Athletics <p>Interhouse Competitions:</p> <ul style="list-style-type: none"> - Cricket - Rounders - Sports Day
04.07.22	Week 36	<p>Learning Aim C – Review a sports performance</p> <p>ASSIGNMENT 3 – LEARNING AIM C HANDOUT</p> <p>C.1 Observation checklist</p>	C.1 observation checklist		2C.P6 Independently produce an observation checklist that can be used effectively to review own performance in two selected sports.	

11.07.22	Week 37	C.1 observation checklist	C.1 Observation checklist		<p>2C.P7 Review own performance in two selected sports, describing strengths and areas for improvement.</p> <p>2C.M3 Explain strengths and areas for improvement in two selected sports, recommending activities to improve own performance.</p> <p>2C.D2 Analyse strengths and areas for improvement in two selected sports, justifying recommended activities to improve own performance.</p>	
18.07.22	Week 38	C.2 Review performance	C.2 Review performance			
12.07.21	Week 39	C.2 Review performance	C.2 Review performance		Assignment 3 first submission	
19.07.21	Week 40					

