

1. Curriculum map by Year: Year 11 BTEC Sport

Lesson Focus		Lesson Focus	Homework	Assessment	Enrichment
Double Lesson		Single Lesson			
06.09.21	Week 1	<p>Unit 3 – Applying the principles of personal training</p> <p>LEARNING AIM A – Design a personal fitness training programme</p> <p>ASSIGNMENT A – LEARNING AIM A HANDOUT</p> <p>A.1 Personal information</p>	A.1 Personal information	<p>2A.P1 Independently design a safe six-week personal fitness training programme to meet an activity/sport goal taking into consideration personal information.</p> <p>2A.M1 Design a safe six-week personal fitness training programme to meet an activity/sport goal which meets the needs of the individual, showing creativity in the design.</p> <p>2A.D1 Justify the training programme design, explaining links to personal information</p>	<p>Enrichment Clubs are advertised around school, on our website</p> <p>Trips:</p> <ul style="list-style-type: none"> - Champoins League Fixure <p>Interhouse Competitions:</p> <ul style="list-style-type: none"> - Basketball - Netball
13.09.21	Week 2	A.2 Programme design	A.2 Programme design		
20.09.21	Week 3	COMPLETE ASSIGNMENT A (3A. P1, 3A. M1, 3A. D1)	COMPLETE ASSIGNMENT A (3A. P1, 3A. M1, 3A. D1)		
27.09.21	Week 4	COMPLETE ASSIGNMENT A (3A. P1, 3A. M1, 3A. D1)	COMPLETE ASSIGNMENT A (3A. P1, 3A. M1, 3A. D1)		
04.10.21	Week 5	COMPLETE ASSIGNMENT A (3A. P1, 3A. M1, 3A. D1)	COMPLETE ASSIGNMENT A (3A. P1, 3A. M1, 3A. D1)	Assignment 1 first submission	
18.10.21	Week 6	<p>Learning Aim B – Musculoskeletal and respiratory systems</p> <p>ASSIGNMENT B – LEARNING AIM B HANDOUT</p>	B.1 Musculoskeletal	<p>2B.P2 Describe the structure and function of the musculoskeletal and cardiorespiratory systems</p> <p>2B.P3 Summarise the shortterm effects on the musculoskeletal and</p>	

		B.1 Musculoskeletal			cardiorespiratory systems during the fitness training programme 2B.M2 Explain the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme	<p>Enrichment Clubs are advertised around school, on our website</p> <p>Trips:</p> <ul style="list-style-type: none"> - International Football Fixture - Basketball Fixture <p>Interhouse Competitions:</p> <ul style="list-style-type: none"> - Gymnastics
01.11.21	Week 7	B.1 Musculoskeletal	B.1 Musculoskeletal			
08.11.21	Week 8	B.1 Musculoskeletal	B.1 Musculoskeletal			
15.11.21	Week 9	B.1 Musculoskeletal	B.1 Musculoskeletal			
22.11.21	Week 10	B.2 Cardiorespiratory system	B.2 Cardiorespiratory system			
29.11.21	Week 11	B.2 Cardiorespiratory system	B.2 Cardiorespiratory system			
06.12.21	Week 12	B.2 Cardiorespiratory system	B.2 Cardiorespiratory system		Assignment 2 first submission	
13.12.21	Week 13	<p>LEARNING AIM C – Self designed fitness programme</p> <p>ASSIGNMENT C – LEARNING AIM C HANDOUT</p> <p>6 week training programme</p>	review		<p>2C.P4 Safely implement a sixweek personal fitness training programme, maintaining a training diary.</p> <p>2C.M3 Safely implement a successful six-week personal fitness training programme, maintaining a training diary summarising outcomes for each session.</p> <p>2C.D2 Safely implement a successful six-week personal fitness training</p>	

					programme, maintaining a training diary to evaluate performance and progress	
03.01.22	Week 14	LEARNING AIM C – Self designed fitness programme ASSIGNMENT C – LEARNING AIM C HANDOUT 6 week training programme	review		2C.P4 Safely implement a sixweek personal fitness training programme, maintaining a training diary. 2C.M3 Safely implement a successful six-week personal fitness training programme, maintaining a training diary summarising outcomes for each session. 2C.D2 Safely implement a successful six-week personal fitness training programme, maintaining a training diary to evaluate performance and progress	
10.01.22	Week 15	LEARNING AIM C – Self designed fitness programme ASSIGNMENT C – LEARNING AIM C HANDOUT 6 week training programme	review		2C.P4 Safely implement a sixweek personal fitness training programme, maintaining a training diary. 2C.M3 Safely implement a successful six-week personal fitness training programme, maintaining a training diary summarising outcomes for each session. 2C.D2 Safely implement a successful six-week personal fitness training programme, maintaining a training diary to evaluate performance and progress	
17.01.22	Week 16	6 week training programme	review			Enrichment Clubs are advertised around school, on our website and in the school newsletter. Trips:
24.01.22	Week 17	6 week training programme	review			

31.01.22	Week 18	6 week training programme	review			- PGL Residential
07.02.22	Week 19	6 week training programme	Review			Interhouse Competitions: - Dodgeball - Badminton
14.02.22	Week 20	6 week training programme	CATCH UP		Assignment 3 first submission	Enrichment Clubs are advertised around school, on ou Trips: - International Football Fixture - Basketball Fixture
28.02.22	Week 21	LEARNING AIM D – REVIEW PROGRAMME ASSIGNMENT D – LEARNING AIM D HANDOUT D.1 Review programme	D.1 Review programme		2D.P5 Review the six-week personal fitness training programme set for an activity/sport goal, describing results, strengths and areas for improvement. 2D.M4 Explain the results, strengths of the training programme set for an activity/sport goal and areas for improvement, providing recommendations for future training and performance. 2D.D3 Fully explain the results, strengths and improvements for the training programme, justifying recommendations for future training and performance	Interhouse Competitions: - Gymnastics
07.03.22	Week 22	D.1 Review programme	D.1 Review programme		Assignment 4 first submission	Enrichment Clubs are advertised around school, on ou Trips: - Netball Super League
14.03.22	Week 23	UNIT 6 ASSIGNMENT 1 HANDOUT	ARTICLE		2A.P1 Describe, using relevant examples, the attributes required for, and responsibilities of, sports leadership. 2A.M1 Explain the attributes required for, and responsibilities of, sports leadership. 2A.P2 Describe the attributes of two selected successful sports leaders.	Interhouse Competitions: - Football - Handball

					2A.M2 Evaluate the attributes of two successful sports leaders. 2A.D1 Compare and contrast the attributes of two successful sports leaders.	
21.03.22	Week 24	ARTICLE	ARTICLE			
28.03.22	Week 25	ARTICLE	COMPLETE ARTICLE		Unit 6 Assignment 1 first submission	
04.04.22	Week 26	Unit 6 assignment 2 HANDOUT B.2 Planning a session	B.2 Planning a session		2B.P3 Plan two selected sports activities. 2B.M3 Justify the choice of activities within the sports activity plan.	
19.04.22	Week 27	B.2 Planning a session	B.2 Planning a session			
26.04.22	Week 28	FILMING LESSONS (not in lessons) 3 Planning and Risk assessment	FILMING LESSONS (not in lessons) B.3 Planning and Risk assessment		2B.P4 Independently lead a sports activity session. 2B.M4 Lead a successful sports activity session.	<p>Enrichment Clubs are advertised around school, on ou</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 ou</p>
03.05.22	Week 29	FILMING LESSONS (not in lessons) 3 Planning and Risk assessment	FILMING LESSONS (not in lessons) 3 Planning and Risk assessment			<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	FILMING LESSONS (not in lessons) 3 Planning and Risk assessment	FILMING LESSONS (not in lessons) 3 Planning and Risk assessment			
17.05.22	Week 31	Assignment 2 first submission	C.1 Review		Assignment 2 first submission	

		UNIT 6 ASSIGNMENT 3 HANDOUT				
		C.1 Review				
06.06.22	Week 32	c.1 Review	c.1 Review		<p>2C.P5 Review the planning and leading of the sports activity session, describing strengths and areas for improvement, and targets for future development as a sports leader.</p> <p>2C.M5 Explain targets for future development as a sports leader, including a personal development plan.</p> <p>2C.D2 Justify targets for future development as a sports leader and activities within the personal development plan.</p>	
13.06.22	Week 33	C.2 Targets for development	C.2 Targets for development			
20.06.22	Week 34				C.2 Targets for development	C.2 Targets for development
27.06.22	Week 35				Unit 6 interviews off timetable	Unit6 interviews off timetable
04.07.22	Week 36				Interview PREP	- INTERVIEW PREP
11.07.22	Week 37				CATCH UP	- CATCH UP
18.07.22	Week 38				CATCH UP	- CATCH UP
12.07.21	Week 39					
19.07.21	Week 40					
						Assignment 3 first submission

