

Year 10 BTEC Sport Curriculum Map

Time Period	CORE KNOWLEDGE	KEY SKILLS LEARNT
Half Term 1 (Sep – Oct)	Unit 1 – FITNESS FOR SPORT & EXERCISE Components of Fitness Physical & Skill Related To understand how they link to sports To know why they are important To know how to measure Heart rate & RPE To know how to calculate training zones To know FITT Additional Principles of Training	DESCRIBE  EXPLAIN  EVALUATING  ANALYSE
Half Term 2 Nov – Dec)	How to carry out training safely and effectively Training Methods – theory Training Methods – Practical Reliability, validity of Fitness Tests Testing – Theory Testing – Practical Analysing Fitness Test results Revision techniques (For Assessment in January)	DESCRIBE  EXPLAIN  EVALUATING  ANALYSE  REVISION TECHNIQUES
Half Term 3 (Jan – Feb)	UNIT 2 – PRACTICAL PERFORMANCE IN SPORT Rules and Regulations & Scoring systems in a variety of Sports – Teacher lead Students to choose 2 sports To independently research Rules/regs and scoring systems of sports Complete a leaflet with all relevant information	RESEARCHING  ANALYSING  EVALUATING  APPLYING
Half Term 4 (Feb – March)	Practically demonstrate skills in two chosen sports To show skills, techniques and tactics required in each sport	TACTICS  ANALYSING  EVALUATING  PERFORMING
Half Term 5 (April – May)	To evaluate performance in two chosen sports To compare with professional athletes/other students	RESEARCHING  ANALYSING  EVALUATING
Half Term 6 June	To complete analysis of performance	IT SKILLS RESEARCHING  ANALYSING  EVALUATING

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