

Year 11 BTEC Sport Curriculum Map

Time Period	CORE KNOWLEDGE	KEY SKILLS LEARNT
Half Term 1 (Sep – Oct)	UNIT 3 – APPLYING PRINCIPLES OF PERSONAL TRAINING Personal information to aid training programme design Personal goals Aims/Objectives Lifestyle History	DESCRIBE EXPLAIN EVALUATING ANALYSE
Half Term 2 Nov – Dec)	Programme Design FITT Principles Additional Principles of Training Appropriate activities Heart rate zones Safe and effective planning Understand effects of body during training	DESCRIBE EXPLAIN EVALUATING ANALYSE
Half Term 3 (Jan – Feb)	Implement a training fitness programme Keep a weekly diary – how did it go? What could be improved? Evaluate your Programme when completed Was it successful? How do you know?	RECALL DESCRIBE ANALYSE EVALUATE

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<p>Half Term 4 (Feb – March)</p>	<p>UNIT 6 – LEADING SPORTS ACTIVITIES Attributes of Leaders Skills and qualities needed to be a successful leader To compare leaders in different fields What makes them successful? To learn about different styles</p>	<p>RECALL DESCRIBE ANALYSE EVALUATE</p>
<p>Half Term 5 (April – May)</p>	<p>To plan a sports event/festival Teacher lead demonstrations Students to work in small groups to plan activities To lead event for local Primary school students</p>	<p>INDEPENDENCE RESEARCH LEADERSHIP</p>
<p>Half Term 6 June</p>	<p>Review the leading of Sports Activities Was it successful? Why/why not? How could it be improved in the future?</p>	<p>ANALYSE EVALUATE</p>

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