

# Key Stage 4 Curriculum Plan

## BTEC Level 2 Tech award in Sport

<u>Year 10</u> (1 Lesson per week)		GLH
<b>YEAR 10</b>	2 → Component 2: Taking part and improving other participants sporting performance.	36
	1 → Component 1: Preparing participants to take part in sport and physical activity	36
<u>Year 11</u> (1 Lesson per week)		
<b>YEAR 11</b>	3 → Component 3: Developing fitness to improve other participants performance in sport and physical activity. (Exam – Jan 2024/Resit Summer 2024)	48

*Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1 Summer 2*

<b>10</b>	Component 2: LAA & LAB – Components of fitness and practical sport.	Component 2: LAC – Roles and responsibilities of officials LAC – Leadership and improving skills	Component 1: LAA: Types and provision of sport and physical activity.	Component 1: LAB: Equipment and technology used in sport and physical activity.	LAC: Preparing participants for sport and physical activity.	Mastery of Component 1 and Component 2.
<b>11</b>	Component 3: Components of fitness, testing and training methods.	Component 3: Application of components, testing and training methods.	Component 3 Externally moderated exam	Component 3 mastery	Component 3 exam resit	

### CORE THEMES

<u>Body Systems</u>	<u>Coaching</u>	<u>Health &amp; Fitness</u>	<u>Leadership</u>	<u>Officiating</u>	<u>Skill &amp; Performance</u>
Component 1 Component 3	Component 1 Component 2	Component 1 Component 3	Component 1 Component 2	Component 2	Component 1 Component 2 Component 3

# Key Stage 4 Curriculum Plan

BTEC Level 2 Tech award in Sport

Component 2: Taking part and improving other participants sporting performance.

- A: Understand how different components of fitness are used in different physical activities
- B: Be able to participate in sport and understand the roles and responsibilities of officials
- C: Demonstrate ways to improve participants sporting techniques.



Students will use the knowledge of the practical demands of different sports to assess the types of sport and physical activity and how equipment, technology and accessibility is important to people participating in various sports. Students will also be able to use their leadership skills to prepare participants suitably for sport by undertaking independent warm ups.

Component 1: Preparing participants to take part in sport and physical activity

- A: Explore types and provision of sport and physical activity for different types of participants
- B: Examine equipment and technology required for participants to use when taking part in sport and physical activity
- C: Be able to prepare participants to take part in sport and physical activity.



Students will be able to link their knowledge of sport and physical activity to explaining how athletes can develop their fitness to improving their performance in a range of sports. Students will also be able to explore the equipment required for participation to the equipment required for training and fitness testing to enable performance enhancements.

Unit 2  
Component 3: Developing fitness to improve other participants performance in sport and physical activity.

- AO1: Demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise
- AO2: Demonstrate an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise
- AO3: Apply an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise
- AO4: Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise