

# Subject: BTEC Sport

## Year 10 (Modules, Topics)

### Throughout the Year

**Unit 1— Fitness for Sport and Exercise (external assessment)**

The components of fitness and the principles of training, explore different fitness training methods and investigate fitness testing to determine fitness levels.

**Unit 2— Practical Sports Performance (internal assessment)**

The rules, regulations and scoring systems for selected sports, practically demonstrate skills, techniques and tactics in selected sports and be able to review sports performance.

**Unit 3— The Mind and Sports Performance Leading Sports Activities (written coursework)**

Investigate personality and its effect on sports performance, explore the influence that motivation and self-confidence have on sports performance, know about arousal and anxiety, and the effects they have on sports performance.

**Unit 6— Leading Sports Activities Leading Sports Activities (written coursework)**

The attributes associated with successful sports leadership, undertake the planning and leading of sports activities and review the planning and leading of sports activities.

**Assessment:** Assessment is on-going throughout the course Unit 1 – an external exam (students will attempt the exam in term 3), Units 2, 3 and 6 are internally assessed via written coursework.

All these units run concurrently throughout the year.

## Year 11 (Modules, Topics)

### Throughout the Year (continued from Year 10)

**Unit 1— Fitness for Sport and Exercise (external assessment)**

The components of fitness and the principles of training, explore different fitness training methods and investigate fitness testing to determine fitness levels.

**Unit 2— Practical Sports Performance (internal assessment)**

The rules, regulations and scoring systems for selected sports, practically demonstrate skills, techniques and tactics in selected sports and be able to review sports performance.

**Unit 3— The Mind and Sports Performance Leading Sports Activities (written coursework)**

Investigate personality and its effect on sports performance, explore the influence that motivation and self-confidence have on sports performance, know about arousal and anxiety, and the effects they have on sports performance.

**Unit 6— Leading Sports Activities Leading Sports Activities (written coursework)**

The attributes associated with successful sports leadership, undertake the planning and leading of sports activities and review the planning and leading of sports activities.

**Assessment:** Assessment is on-going throughout the course Unit 1 – an external exam (students will attempt the exam in term 2 (and 3 if needed), Unit 2, 3 and 6 are internally assessed via written coursework.

All these units run concurrently throughout the year