

CURRICULUM OVERVIEW

Please contact your child's subject teacher or Head of Department for answers to subject related questions

SUBJECT	BTEC DIPLOMA IN SPORT	YEAR GROUP	KS4
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BTEC Qualifications:

The BTEC Level 2 Diploma in Sport is designed to help students begin their careers in the sports profession and provide a good foundation for you to progress to advanced sport related qualifications at college or in the work place. The course is most suitable for students who have identified the sporting industry as the sector they would like a career. With further study at college successful students will have the pathways into a wide variety of professions in an ever growing area, these could include; Sport and Leisure Centres, Outdoor Activity Centres, Teaching, Sports Development, Physiotherapy, Sports Science, Coaching

Year 10

	Lesson Content	Subject Assessment Methods (Assignment Titles)	Opportunities for Home Learning
HALF TERM 1	<p><u>Fitness Testing & Training</u></p> <ul style="list-style-type: none"> Know the fitness and training requirements necessary to achieve excellence in a selected sport <ul style="list-style-type: none"> ➤ Components of fitness ➤ Training Methods Know the lifestyle factors that affect sports training and performance 	<p>Fitness and Training for Sporting Excellence. Students complete a written report on the components of fitness required for excellence in a sport of their choice. Students also identify and explain three methods of training and describe how they can be used to achieve excellence in a chosen sport.</p> <p>Exploring Lifestyle Factors and sports performance Students produce a leaflet describing 4 lifestyle factors which can hinder sports performance and suggest ways to change lifestyles factors to help reduce their affects.</p>	<ul style="list-style-type: none"> Complete assignments at home Think about own lifestyle factors and how could they be changed to improve school/sport

	<ul style="list-style-type: none"> • Be able to assess their own fitness levels <ul style="list-style-type: none"> ➤ Fitness Tests covering different aspects of sports performance • Know the effects of psychology factors on sports training and performance <ul style="list-style-type: none"> ➤ Motivation, arousal, anxiety, personality types and concentration 	<p>Assessing Fitness Levels Students complete a variety of physical fitness tests and produce a written report on their current levels of fitness including strengths and areas for improvement and relate their fitness levels to a selected sport.</p> <p>Exploring Psychological Factors Students produce a Power Point presentation identifying and explaining the major psychological factors which affect sports performance.</p>	<ul style="list-style-type: none"> • Link sports psychology to own sporting performances.
<p>HALF TERM 2 & 3</p>	<p><u>Practical Sport</u></p> <ul style="list-style-type: none"> • Skills, techniques and tactics of an individual and team sport <ul style="list-style-type: none"> ➤ Practically look at two different sports discovering the different skills and tactics involved in playing the sport • Rules, regulations and scoring systems of a team and individual sport <ul style="list-style-type: none"> ➤ Practically discover the rules and regulations of the two sports • Roles and responsibilities of officials in a team and individual sport 	<p>Skills, techniques & tactics in 1 team & 1 individual sport Practical assessment of physical ability and tactical awareness in 1 team and 1 individual sport</p> <p>Rules, regulations & scoring systems and roles & responsibilities of officials Students produce a booklet on the rules and regulations of a chosen team and individual sport, explaining the roles and responsibilities of officials within them.</p>	<ul style="list-style-type: none"> • Complete assignments at home • Research and join local clubs for team and individual sports • Watch games/matches of the studied sports when on T.V/internet.

	<ul style="list-style-type: none"> ➤ Practically understand and practice the roles of officials in the two different sports • Reviewing a players and own performance in an individual sport <ul style="list-style-type: none"> ➤ Using video analysis and observation techniques, evaluate performance using the knowledge gained about the two studied sports 	<p>Produce an observational checklist to examine performance, strengths and weaknesses of an athlete Students create a suitable observational checklist to use to analyse the performance of a team and individual sport</p> <p>Produce an observational checklist to examine performance, strengths and weaknesses of your own performance Students produce a video of their own performance in a chosen sport and use an observational checklist to analyse the strengths and areas to develop in their performance.</p>	
<p>HALF TERM 4</p>	<p><u>Anatomy & Physiology</u></p> <ul style="list-style-type: none"> • Structure and function of the skeleton <ul style="list-style-type: none"> ➤ How the skeleton is formed ➤ Skeletons main roles for the body ➤ Different types of joints and their movements • Structure and function of the muscular system <ul style="list-style-type: none"> ➤ Different muscles in the body ➤ How muscles contract and produce movement ➤ Different types of muscle in the body and their responsibilities 	<p>The skeletal system, bones and joints Students produce a written report labelling the skeletal system and explain its main functions. Students also identify Synovial joints and their location in the body and explain skeletal movements during sporting actions.</p> <p>The muscular and muscular skeletal system Students produce a written report labelling the muscular system and explain the three main muscle types and identify their location and function. Students describe three types of muscular contraction and link them to a chosen sporting action.</p>	<ul style="list-style-type: none"> • Complete assignments at home • Research the different parts of the body (bones and muscles). • When partaking in sport try to relate muscles to different sporting actions.

	<ul style="list-style-type: none"> • Structure and function of the Cardiovascular system <ul style="list-style-type: none"> ➤ Different parts of the cardiovascular system and how works ➤ Different functions of the cardiovascular system • Structure and function of the respiratory system <ul style="list-style-type: none"> ➤ Different parts of the respiratory system ➤ How the respiratory system works together with the cardiovascular system to enable us to take part in physical activity 	<p>The cardiovascular and respiratory assignment Students label and describe the functions of the circulatory and respiratory system. Students explain how the circulatory and respiratory systems work together.</p>	
<p>HALF TERM 5 & 6</p>	<p><u>Nutrition For Sports Performance</u></p> <ul style="list-style-type: none"> • Know the nutritional requirements for a selected sport <ul style="list-style-type: none"> ➤ Different nutrients involved in a balanced diet ➤ Discover what different nutrients offer to the sports performer ➤ What do elite sports performers need in their diet to ensure they play their best • Be able to assess own diet <ul style="list-style-type: none"> ➤ Complete a two week food diary of what students eat ➤ Compare to that of an optimal varied diet • Be able to plan a personal nutritional strategy 	<p>Your own Food Diary For this assignment student will collate and record a two week food diary of everything they eat and drink. This will then be analysed by comparing their intakes to that of the recommended allowance for their age group.</p> <p>My Healthy Nutrition Plan Using the knowledge gained from the previous assignment, student must then plan out a two week food plan improving on their originally collected data. This must then be analysed for benefits and difficulties.</p>	<p>Completing food diary at home</p> <p>Implementing their own two week food diary</p> <p>Each meal name the different nutrients and what that nutrient provides the body with</p>

	<ul style="list-style-type: none"> Plan own two week diet to optimise sporting performance Be able to implement and review a personal nutritional strategy 		
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Year 11

	Lesson Content	Subject Assessment Methods	Opportunities for Home Learning
HALF TERM 1 & 2	<p><u>Injury in Sport</u></p> <ul style="list-style-type: none"> Know the different types of injuries and illnesses associated with sports participation <ul style="list-style-type: none"> ➤ Difference between injuries and illnesses ➤ Causes of injuries and illnesses ➤ Types of injuries and illnesses ➤ Signs and symptoms of injury and illnesses ➤ Be able to deal with injuries and illnesses associated with sports participation ➤ Procedures and treatments of injuries ➤ Types of casualties and differences in treatments ➤ How to deal with different types of injuries and illnesses Know the risks and hazards associated with sports participation <ul style="list-style-type: none"> ➤ Risks and hazards to people, from equipment and from the environment 	<p>Injuries & Illness Associated with Sports Participation Students create a leaflet identifying 4 common injuries and illnesses associated with sports participation explaining why they occur. Students also complete a First Aid qualification treating common injuries associated with sports participation.</p> <p>A Health & Safety report on your chosen sport. Students create a written portfolio explaining risks and hazards associated with sports participation</p>	<ul style="list-style-type: none"> Complete assignment at home Ask family members about any injuries they have had. How was it treated? How long did it take to recover?

	<ul style="list-style-type: none"> Rules, regulations and legislations involved in sporting performance to minimise risks and hazards. Be able to understand a risk assessment relevant to sport <ul style="list-style-type: none"> Purpose of a risk assessment Completion of a risk assessment and when they should be completed 	<p>Rules, Regulations and Legislation Students will add to their portfolio explaining four rules, regulations and legislations relating to health, safety and injury in sports participation describing why they are in place</p> <p>Risk Assessment, Contingency Plans & Specialist equipment Students complete a written risk assessment. Identify and explain the use of specialist safety equipment in sport. Explain what contingency plans are and how they can be used in a variety of scenarios.</p>	<ul style="list-style-type: none"> Complete a risk assessment on your bedroom/house
<p>HALF TERM 3</p>	<p><u>Development of Personal Fitness</u></p> <ul style="list-style-type: none"> Be able to plan a personal fitness training programme <ul style="list-style-type: none"> ➤ Goal Setting ➤ Personal information of clients ➤ Planning a personalised physical fitness training programme Know personal exercise adherence factors and strategies <ul style="list-style-type: none"> ➤ Exercise adherence factors and strategies 	<p>Fitness Training Programme For this assignment students are expected to plan, produce and complete a six week training programme. Upon completion they will need to measure the results and review the plan.</p>	<p>Complete assignments at home</p> <p>Continue working on personal programme</p> <p>Attend Fitness Suite clubs to complete</p>

	<ul style="list-style-type: none"> • Be able to implement and review a personal fitness training programme <ul style="list-style-type: none"> ➤ Implementing the programme, keeping a diary and review 	<p>Personal Exercise Adherence Factors and strategies</p> <p>Students will produce a display which explains reasons why individuals take up sports and continue to partake. Students will also look at the reasons why people drop out of sport and techniques that can be used to combat these issues</p>	<p>programme</p>
<p>HALF TERM 3</p>	<p><u>Sports Development</u></p> <ul style="list-style-type: none"> • Know the nature of sports provision <ul style="list-style-type: none"> ➤ Activities in local area and sports provision ➤ National sports provision • Know how and why people participate in sport <ul style="list-style-type: none"> ➤ Factors that affect sports participation ➤ Current strategies to encourage participation 	<p>The nature of sports provision</p> <p>In this assignment students will research both local and national provision in Great Britain; they will then produce a written report explaining the different opportunities for people to get involved in sport.</p> <p>How and why people participate in sport</p> <p>Students will produce questionnaires and reports on individuals to investigate the reasons why they participate in sport, where they go to and in an ideal world what would make it easier for them to partake in sport. Students must then produce an evaluation of their findings</p>	<p>Complete assignments at home</p> <p>Research local sporting opportunities</p> <p>Research what promotions are there locally</p>

	<ul style="list-style-type: none"> • Know the role of local and national organisations responsible for sports development <ul style="list-style-type: none"> ➤ Sporting organisations and their role both locally and nationally • Know the impact of different key issues on the sports industry <ul style="list-style-type: none"> ➤ Issues and their impact on sporting activities 	<p>Encouraging sports participation Using their findings from the previous assignment students must then research what incentives are offered by different sporting organizations both locally and nationally to encourage people to partake in sport and produce a leaflet illustrating the different opportunities available to the public</p> <p>Sports development issues Students must produce a written report that looks at the different sports development issues currently occurring in Great Britain.</p>	<p>to encourage people to partake in sport?</p>
<p>HALF TERM 4 & 5</p>	<p><u>Planning and leading Sport Activities</u></p> <ul style="list-style-type: none"> • Know the skills, qualities and responsibilities associated with successful sports leadership <ul style="list-style-type: none"> ➤ What makes a good leader ➤ What is expected of a leader throughout a session 	<p>How to be a successful sports leader Students must write a written report on the different qualities that are needed to be a successful leader. Using this knowledge they must then compare two different leaders and analyse their qualities and what makes them successful</p>	<p>Complete assignments at home</p> <p>Become involved with local clubs and offer to help lead training sessions if appropriate</p> <p>Plan sessions at home</p>

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	<ul style="list-style-type: none"> • Be able to plan and lead an activity session <ul style="list-style-type: none"> ➤ 3 part warm-ups and session outlines ➤ Recording leading activities • Be able to review their planning and leadership of a sports activity <ul style="list-style-type: none"> ➤ Review own leadership traits and SMART targets for future development • Be able to assist in the planning and leading of a sports event <ul style="list-style-type: none"> ➤ Planning for different roles within running an event • Be able to review their planning and leadership of a sports event 	<p>Plan, Lead and Evaluate a 20min Sports Activity Students must plan, lead and evaluate a 20 minute session to their peers. Including a full and correct warm-up and a three part session. Students must then evaluate their performance for improvements the next time.</p> <p>Plan & Lead a Sports Event Students must work as part of a small team to plan and organize a sporting event. This must include a full events plan and cover all the different roles needed to run a successful event.</p>	
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BTEC Level 2 Diploma Sport Helpful Websites

<u>Topic / Item</u>	<u>Websites</u>	<u>Brief Description</u>
Components of Fitness	http://www.brianmac.co.uk www.sportandexercise.net www.teachpe.com	Identifies all of the major components of fitness for both health and skill related components. Comparisons are also evident which compare national averages within each fitness test.
Methods of Training	www.teachpe.com	All methods fully explained in detail. Advantages and disadvantages are also made with clear links to sport.
Norms for Fitness Tests	http://www.brianmac.co.uk	Comparisons are evident which identify national averages within each fitness test for specific age groups and sexes.
Types of Injuries	www.teachpe.com http://www.bbc.co.uk/schools/gcsebitesize/pe/safety/2_safety_treatinginjuries_rev1.shtml	All types of injury evident on web-site. Both soft and hard tissue injuries covered. All sports injuries covered including how to treat each one.
Reducing the risk of injuries	http://www.bbc.co.uk/schools/gcsebitesize/pe/safety/2_safety_treatinginjuries_rev1.shtml	All sports injuries covered including how to treat each one.
First Aid	http://www.bbc.co.uk/schools/gcsebitesize/pe/safety/2_safety_treatinginjuries_rev1.shtml	All sports injuries covered including how to treat each one.

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	http://www.s-cool.co.uk/gcse/pe/sport-and-injury/revise-it/treatments	Details about individual illnesses and injuries, including how to treat each.
Legislations in Sport	http://www.rfu.com/ManagingRugby/ClubDevelopment/LegalAndAdmin/HealthAndSafety.aspx	A variety of legislations available which provide useful; information about what they are and also there purpose.
Rules in Sport	SEE INDIVIDUAL NGB http://news.bbc.co.uk/sport1/hi/academy/default.stm#atozlist	A huge variety of sports available. Click on your preferred sport and it will take you to all the rules available.
Skeletal System	www.teachpe.com/anatomy/skeleton.php	Comprehensive details about the skeletal system on this website. Including functions and names of bones.
Muscular system	http://www.bbc.co.uk/schools/gcsebitesize/pe/appliedanatomy/3_anatomy_muscles_rev1.shtml	A great deal of detail on the muscular system. Including names, types of contractions and the difference between voluntary and involuntary muscles.

Circulatory system	http://www.bbc.co.uk/schools/gcsebitesize/pe/appliedanatomy/0/anatomy_circulatorysys_rev1.shtml	All details evident surrounding the circulatory system. Including details on the different types of blood cells found in the body.
Nutrition	http://www.brianmac.co.uk/nutrit.htm	Breakdown of different nutrients found within the websites. Links to sports performance also evident.
Planning and Leading	http://www.teachpe.com/leadership/sports_leaders.php www.sportsleaders.org	Example worksheets available to download to plan a session. A variety of information available which helps students to achieve sport leadership qualifications.
Sports Development	http://www.sportdevelopment.info/index.php?option=com_content&view=article&id=269:sports-development-officer&catid=67:i-want-to-be-a&Itemid=75	Looks into the role of the sports development officer and gives an insight into what they do.
BTEC Specification	http://www.bbc.co.uk/schools/gcsebitesize/pe/appliedanatomy/0/anatomy_circulatorysys_rev1.shtml	Useful links can also be found in each unit within the BTEC specification.



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