

Year 11 BTEC Sport



	Cycle 1	Cycle 2	Cycle 3
Key concepts	UNIT 1: FITNESS FOR SPORT AND EXERCISE	UNIT 3: APPLYING THE PRINCIPLES OF PERSONAL TRAINING	UNIT 3: APPLYING THE PRINCIPLES OF PERSONAL TRAINING
Practical (Procedural Knowledge)	Using components of fitness Training methods Fitness tests	Skills, techniques and tactics within: Volleyball Fitness Table tennis Badminton	Skills, techniques and tactics within: Rounders Badminton Fitness
Theory (Substantive/ Declarative Knowledge)	To know about the components of fitness and the principles of training. To explore different fitness training methods. To investigate fitness testing to determine fitness levels.	Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training	Implement a self-designed personal fitness training programme to achieve own goals and objectives. Review a personal fitness training programme
Hinterland Knowledge (Cultural capital)	Sports etiquette Unwritten rules of the sports Local and national links to tournaments and media coverage of the sports.	Sports etiquette SPORT-Principles of training FITT- principles of training Unwritten rules of the sports Local and national links to tournaments and media coverage of the sports.	Sports etiquette Unwritten rules of the sports Local and national links to tournaments and media coverage of the sports.
Disciplinary Knowledge (how did we get the information)	Knowledge of how the body responds to exercise by measuring heart rates and using the Borg scale. Knowledge or how to complete the fitness tests and how technology has advanced these.	SPORT to help with principles of training FITT- helps with overload	Fartlek- Swedish for 'speed play'
Assessment approach	1 x online exam	Assignment based work which will include: 1x information sheet	Assignment based work which will include: 6-week training programme design 1x review.

Homework	Informed by knowledge organiser (KO)- revision of key terms. Focus on content of week in cycle which links to KO weeks.	Informed by knowledge organiser (KO)- revision of key terms. Focus on content of week in cycle which links to KO weeks.	Informed by knowledge organiser (KO)- revision of key terms. Focus on content of week in cycle which links to KO weeks.
----------	---	---	---