



PE BTEC LEVEL 2 CURRICULUM LEARNING JOURNEY

Knowledge & Concepts increase students depth/ challenge and build on previous learning where topics are revisited throughout their learning journey

		Year 10	Year 11	Year 12
Half Term 1	Topics	Comp 1 - Types and providers of sport and physical activities. Types and needs of sport	Comp 3 – Importance of fitness for sports performance	Unit 1 Fitness for sport and exercise, Unit 2 practical, Unit 3 The mind and sports performance
	Knowledge	A1 - Types and providers of sport and physical activity A2 - Types and needs of sport and physical activity participants A3 - Barriers to participation in sport and physical activity for different types of participants A4 - Methods to address barriers to participation in sport and physical activity for different types of participants	Assessment of Component 2, Learning aims A, B, C – 5 hours supervised. PSA 3 rd Oct – Deadline 1th December A1 – Importance of fitness for successful participation in sport A2 – Fitness training principles	U1 Components of fitness, application of components, exercise intensity, FITT, Principles of training, training methods, Fitness tests methods, importance, administration and interpretation. U2 Rules, regulations, scoring systems, application of rules, roles and responsibilities of officials, technical and tactical demands, skills and techniques, tactics, isolated, conditioned and competitive practices, review sports performance. U3 Personality structure and type, Motivation types and views. Goal setting, self-confidence, benefits, methods, whys to increase. Self-efficacy, goal setting. Types of anxiety, how it effects performance, control of anxiety and arousal.
Half Term 2	Topics	Comp 1 - Equipment and Technology	Comp 3 – Importance of fitness for sports performance Investigate fitness testing	Unit 5 training for personal fitness Unit 7 anatomy and physiology in sports performance
	Knowledge	B1 – Different types of sports clothing and equipment required for participation in sport and physical activity B2 – Different types of technology and their benefits to improve sport and physical activity B3 – Limitations of using technology in sport and physical fitness	A3 – Exercise intensity and how it can be determined B1 – Fitness testing and administration B2 - Fitness test methods Physical fitness B3 – Fitness test methods skill related fitness B4 – Interpretation of fitness test results	U5 Programme design personal information, FITT, Principles of training, Adherence factors, safe implementation of training programme and review. U7 Voluntary muscles, types, movement, types of contraction, muscle movement and sports performance, bones location, functions, joints, cartilage, synovial structure, joint movement. Structure and function of CV system, structure and function of respiratory system. Function of the cardiorespiratory system.



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Half Term 3	Topics	Comp 1 - Prepare participants for physical activity	Comp 3 – Investigate different training methods	Unit 9 Lifestyle and well-being Unit 10 sports injury
	Knowledge	C1 - Planning a warm up C2 – Adapting a warm up for different participants C3 - Delivering a warm up Assessment of component 1, Learning aims A, B, C - 5 hour supervised, PSA 6 th Feb – Deadline 1 st May	C1 - Requirements for each of the following fitness training methods C2 – Fitness training methods for physical components of fitness C3 – Fitness training methods for skill related components of fitness C4 – Additional requirements for each of the fitness training methods C5 – Provision for taking part in fitness training methods C6 – The effects of long-term fitness training on the body.	U9 Guidelines for physical activity, ways to increase activity levels in daily life, Nutrients, food groups, meal planning, risks associated with smoking and alcohol, effects, techniques to stop, performance enhancing drugs, impact of drugs, how drugs can affect different sports. U10 People related, equipment and environmental risks and hazards, causes of injury, types of injury, types and signs of illness, physiological and psychological responses to injury, management of physiological and psychological injuries, basic treatment, rehabilitation, rules, regulations and legislation associated with health and safety in sport
Half Term 4	Topics	Comp 2 – Understand different components of fitness	Comp 3 – Investigate fitness programming to improve fitness and sports performance	Unit 8 sponsorship Unit 13 sports profiling
	Knowledge	A1 – Components of physical fitness A2 – Components of skill related fitness	D1 – Personal information to aid training fitness programme design D2 – Fitness programme design D3 – Motivational techniques for fitness programming.	U8 Promotion of sport, Role of media, effects promotion has on spectators and participants, sources of sponsorship, ethical issues arising from sponsorship, plan the promotion of a sports event, review the plan. U13 Performance profile, sporting activity, performance profile qualities, traits and attributes. Performance profiling to determine current sports performance, performance profile assessment, review the performance profile, set goals for further development, development plan.



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Half Term 5	Topics	Comp 2 – Roles and responsibilities of officials		Unit 4 Sports performer in action Unit 6 Leading sports activities, Unit 11 Running a sports event.
	Knowledge	B1 – Techniques, strategies and fitness required for different sports B2 – Officials in sport B3 – Rules and regulations in sports	Exam May/June	U4 Short and long term effects/adaptations of exercise on the musculoskeletal system, the cardiorespiratory system, energy systems, Anaerobic, ATP-CP, Glycolysis, the aerobic energy system. U6 Components of a session, plan, lead, measure success, review plan, target development. U11 Sports events, planning process, event organisation, participant requirements, running a sport event, leading a sports event, demonstration of leadership attributes, review of the event.
Half Term 6	Topics	Comp 2 – Demonstrate ways to improve participants sporting techniques	Course completed by July 5th. Pupils on study leave.	Course completed by July 5th
	Knowledge	C1 – Planning drills and conditioned practices C2 – Drills to improve sporting performance Assessment of Component 2, Learning aims A, B, C – 5 hours supervised		