

Subject: BTEC Sport 2016

	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Notes</b>
<b>Year 7</b>				
<b>Year 8</b>				
<b>Year 9</b>				
<b>Year 10</b>	<p>Unit 2 (assessed through coursework)</p> <p>A - Understand the rules, regulations and scoring systems for selected sports</p> <p>B - Practically demonstrate skills, techniques and tactics in selected sports</p> <p>C - Be able to review sports performance</p>	<p>Unit 2 (assessed through coursework)</p> <p>A - Understand the rules, regulations and scoring systems for selected sports</p> <p>B - Practically demonstrate skills, techniques and tactics in selected sports</p> <p>C - Be able to review sports performance</p> <p>Unit 1 (Assessed through online exam)</p> <p>A - Know about the components of fitness and the principles of training</p> <p>B- Explore different fitness training methods</p> <p>C - Investigate fitness testing to determine fitness levels</p>	<p>Unit 1 (Assessed through online exam)</p> <p>A - Know about the components of fitness and the principles of training</p> <p>B- Explore different fitness training methods</p> <p>C - Investigate fitness testing to determine fitness levels</p>	
<b>Year 11</b>	<p>Unit 5 (assessed through coursework)</p> <p>A - Design a personal fitness training programme</p> <p>B - Know about exercise adherence factors and strategies for continued training success</p>	<p>Unit 5 (assessed through coursework)</p> <p>A - Design a personal fitness training programme</p> <p>B - Know about exercise adherence factors and strategies for continued training success</p> <p>C - Implement a self-designed personal fitness training programme</p>	<p>Unit 3 (assessed through coursework)</p> <p>A - Investigate personality and its effect on sports performance</p> <p>B - Explore the influence that motivation and self-confidence have on sports performance</p> <p>C - Know about arousal and anxiety, and they have on sports performance</p>	

	<p>C - Implement a self-designed personal fitness training programme</p> <p>D- Review a personal fitness training programme</p>	<p>D- Review a personal fitness training programme</p> <p>Unit 3 (assessed through coursework)</p> <p>A - Investigate personality and its effect on sports performance</p> <p>B - Explore the influence that motivation and self-confidence have on sports performance</p> <p>C - Know about arousal and anxiety, and they have on sports performance</p>		
<b>Year 12</b>				
<b>Year 13</b>				