

KS4 BTEC Sport

| YEAR 10 | Unit 2 Practical Sports Performance | | | Unit 1 Fitness for sport and exercise |
|---------|--|-------------------------|---------------------------|--|
| | Sept/Oct | Nov/Dec | Dec/Jan | Feb/July |
| | Sports rules, regulations and scoring | Sports Coaching Company | Sports performance review | Students study for an exam from February and sit it at the end of July |

| YEAR 11 | Unit 3 Applying the Principles of Personal Training | | | | Unit 6 Leading Sports Activities | | |
|---------|--|---|--|--------------------------------|--|--|--------------------|
| | Sept/Oct | October | Nov/Dec | January | Jan/Feb | Feb/Mar | Apr/May |
| | Training programme design | The body systems and how they respond to fitness training | My training diary: training for success! | Programme review: What's next? | What makes a successful sports leader? | Planning and leading sports activities | Session evaluation |

Sending every young person into the world able and qualified