

Physical Education
Year 11 BTEC sport curriculum map



Year 11	T1	T2	T3	T4	T5	T6
Content / Topic for Term	Induction lesson Baseline test			Induction lessons		
	Component 2: <ul style="list-style-type: none"> The principles of training, nutrition and psychology for sport and activity 					
	Learning Aim A: <ul style="list-style-type: none"> training to improve fitness for sport activity Learning Aim B: <ul style="list-style-type: none"> nutrition for sport and activity 	Learning Aim B: <ul style="list-style-type: none"> nutrition for sport and activity Learning Aim C: <ul style="list-style-type: none"> psychological influence that motivation, self-confidence and anxiety have on participation 	Learning Aim A: <ul style="list-style-type: none"> Training to improve fitness for sport and activity Learning Aim B: Nutrition for sport and activity	Learning Aim C: <ul style="list-style-type: none"> psychological influence that motivation, self-confidence and anxiety have on participation 	Level 3 BTEC Sport Unit 1 – Anatomy and physiology <ul style="list-style-type: none"> E – the effects of exercise and sports performance on the energy systems 	Revision for learning aim A, B and C Resit Exam May

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<p>Key Knowledge for acquisition, recall and application in assessment or exam</p>	<p>A1 - Interpreting fitness data in relation to sport and activity</p> <ul style="list-style-type: none"> • fitness testing • protocols • normative data <p>A2 Methods of training for sport and activity</p> <ul style="list-style-type: none"> • continuous • interval • fartlek • sprint • saq • circuit • plyometrics <p>A3 - The FITT principles and principles of training</p> <ul style="list-style-type: none"> • principles of training • FITT principles <p>A4 - Understanding fitness programmes</p> <ul style="list-style-type: none"> • training methods advantages/ 	<p>B3 - Hydration</p> <ul style="list-style-type: none"> • RDI, • rehydration • positives and negatives <p>B4 - Improving nutrition for sport and activity</p> <ul style="list-style-type: none"> • supplements and methods to improve performance <p>C1 - The impact of motivation on participation in sport and activity</p> <ul style="list-style-type: none"> • extrinsic • intrinsic • rewards • reinforcement <p>C2 - The impact self-confidence can have</p>		<p>A1 - The role of ATP in exercise</p> <p>A2 - The ATP-PC (alactic) system</p> <p>A3 - The lactate system in exercise</p> <p>A4 - E4 The aerobic system in exercise</p>		
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	<p>disadvantages of each training methods</p> <p>B1 - Macronutrients and micronutrients</p> <ul style="list-style-type: none"> • carbohydrates • proteins • fats • minerals • vitamins • fibre • water 	<p>on participation in sport</p> <ul style="list-style-type: none"> • definition • methods • controlling • factors <p>C3 - The impact of anxiety on participation in sport and activity</p> <ul style="list-style-type: none"> • state/trait, cognitive and somatic 				
<p>Key skills to apply in assessment or exam</p>	<ul style="list-style-type: none"> • Analyse • Calculate • Describe • Discuss • Explain • Evaluate • Give • Justify • Identify • State • Name 			<ul style="list-style-type: none"> • Describe • Discuss • Evaluate • Explain • Identify • Justify • Outline • To what extent • Which 		

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<p>Title of Knowledge Organiser</p>	<p>A – Training to improve fitness for sport</p> <p>B – Nutrition or sport and activity</p>	<p>B – Nutrition or sport and activity</p> <p>C – The psychological influence that motivation, self-confidence and anxiety have on participation</p>	<p>A – Training to improve fitness for sport</p> <p>B – Nutrition or sport and activity</p> <p>C – The psychological influence that motivation, self-confidence and anxiety have on participation</p>	<p>E – The effects of exercise and sports performance on the energy system</p>		
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