

Physical Education
Year 13 BTEC sport curriculum map



Year 13	T1	T2	T3	T4	T5	T6
Content / Topic for Term	Induction lesson					
	Unit 2: Fitness training and programming for health, sport and well-being					
			Unit 5: Application of fitness testing			
	<p>Learning Aims</p> <p>A – Examine lifestyle factors and their effect on health and wellbeing x1 teacher</p> <p>B – Understand the screening processes for training programming</p> <p>D – Examine training methods for different components of fitness x 1 teacher</p>	<p>Learning Aims</p> <p>C – Understand programme-related nutritional needs</p> <p>E – Understand training programme design</p>	<p>Learning Aims</p> <p>A – Understand the principles of fitness testing</p> <p>Resits</p> <p>A-E: Test mid – end of January</p>	<p>Learning Aim B:</p> <ul style="list-style-type: none"> • explore fitness tests for different components of fitness 	<p>Learning Aim C:</p> <ul style="list-style-type: none"> • undertake evaluation and feedback of fitness test results <p>Resits</p>	

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<p>Key Knowledge for acquisition, recall and application in assessment or exam</p>	<p>Unit 2</p> <p>A1 – Positive lifestyle factors and their effects on health and well-being</p> <p>A2 – Negative lifestyle factors and their effects on health and well-being</p> <p>A3 – Lifestyle modification techniques</p> <p>B1 – Screening Processes</p> <p>B2 – Health monitoring tests</p> <p>B3 – Interpreting the results of health monitoring tests</p> <p>D1 – Components of fitness to be trained</p>	<p>Unit 2</p> <p>C2 – Components of a balanced diet</p> <p>C3 – Nutritional strategies for individuals taking part in training programmes</p> <p>E1 – Principles of fitness training programme design</p>	<p>Unit 2</p> <p>Exam January</p> <p>Unit 5</p> <p>A1 – Validity of fitness tests</p> <p>A2 – Reliability of fitness tests</p> <p>A3 – Practicality and suitability of fitness tests</p> <p>A4 – Ethical issues associated with fitness screening</p>	<p>Unit 5</p> <p>B1 – Explore fitness tests for different components of fitness</p> <p>B2, B2 – Fitness tests to assess components of skill-related fitness</p> <p>B3, B4 – Planning and administration of tests</p>	<p>Unit 5</p> <p>C1 – Produce a fitness profile for a selected sports performer</p> <p>C2 – Providing feedback to a selected sports performer</p>	
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	<p>D2 – Training methods for physical fitness</p> <ul style="list-style-type: none"> • related components <p>D3 – Training methods for skill</p> <ul style="list-style-type: none"> • related fitness components 					
<p>Key skills to apply in assessment or exam</p>	<ul style="list-style-type: none"> • Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being. • Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests. 	<ul style="list-style-type: none"> • Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved. • Be able to develop a fitness training programme with appropriate justification. 	<ul style="list-style-type: none"> • Explain the importance of validity, reliability, practicality and suitability in relation to fitness testing. • Recommended methods that can be used to ensure fitness testing is conducted in a valid, reliable, practical, suitable and ethical way. 	<ul style="list-style-type: none"> • Assess the strengths and areas for improvement from fitness test results. 	<ul style="list-style-type: none"> • Justify the fitness profile for a selected sports performer, including identified areas for improvement related to their selected sport. 	<ul style="list-style-type: none"> • Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being. • Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health

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						monitoring tests.
Title of Knowledge Organiser	A – Interpret lifestyle factors D – Components of fitness	B – Screening information and strategies E – Develop fitness training programme	Unit 5 • Learning Aim A knowledge organiser			