



Subject: BTEC Sport

Year	Topic/Title/Subject content					
7*	Team sports – Rules and regulations Links to Unit 2	Fitness training – Components of fitness Links to Unit 1	Team sports – leadership Links to Unit 6	Fitness training – training methods Links to Unit 1	Team sports – practical performance Links to Unit 2	Team sports – Rules and regulations Links to Unit 2
8*	Team sports – Analysing practical performance Links to Unit 2	Fitness training – training zones Links to Unit 1	Team sports – components of fitness Links to Unit 1	Fitness training – leadership/fitness testing Links to Unit 1 and 6	Team sports – Analysing physical performance Links to Unit 3	Team sports – leadership/rules and regulations Links to Unit 2 and 6
9*	Team sports – sport performance development Links to Unit 2	Team sport – performance evaluation Links to Unit 2	Fitness training – fitness testing Links to Unit 1 and 3	Fitness training – training methods Links to Unit 1 and 3	Team sports – leadership Links to Unit 6	Team sports – personal fitness development Links to Unit 3
10	Unit 1: Learning Aim A: Components of fitness and the principles of training.	Unit 1: Learning Aim B and C: Explore different fitness training methods/Investigate fitness testing to determine fitness levels.	Unit 3: Learning Aim A: Design a personal fitness training programme.	Unit 3: Learning Aim B: know about the musculoskeletal and cardiorespiratory systems and the effects on the body during exercise.	Unit 3: Learning Aim C: Implement a self-designed personal fitness training programme.	Unit 3: Learning Aim D: Review a personal fitness training programme.
11	Unit 2: Learning Aim A: Rules and regulations	Unit 2: Learning Aim B: Practically demonstrate skills, techniques and tactics.	Unit 2: Learning Aim C: Be able to review sports performance.	Unit 6: Learning Aim A: Attributes associated with sports leadership.	Unit 6: Learning Aim B: Undertake the planning and leading of sports activities.	Unit 6: Learning Aim C: Review the planning and leading of sports activities.

*Y7/Y8/Y9 will cover course content practically in core PE lessons.