

| | Year 10 | Year 11 |
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| Cycle 1 | <p>Component 1 – Preparing to take part in sport</p> <p>A Explore types and provision of sport and physical activity for different types of participants</p> <p>B – Examine equipment and technology required for participants to use when taking part in sport and physical activity</p> <p>C – be able to prepare participants to take part in physical activity</p> <p>Careers - Centre manager, personal trainer , equipment designer</p> | <p>Component 3</p> <p>AO1 Demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise</p> <p>AO2 Demonstrate an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise</p> <p>AO3 Apply an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise</p> <p>AO4 Make connections with concepts, facts, components of fitness, fitness tests, training</p> <p>Careers – head coach, manager</p> |
| | <p>Assessment Jan – coursework scenario</p> <p>Task 1 – 2 hours - written</p> <p>Task 2 – 1 hour - practical</p> <p>Task 3 - 2 hours – practical video/written</p> | <p>Examination – January - external</p> |
| Cycle 2 | <p>Component 2 - Taking part and improving other participants sporting performance</p> <p>A – understand how different components of fitness are used in different physical activities</p> <p>B – To be able to participate in sport and understand the roles and responsibilities of officials</p> <p>C – Demonstrate ways to improve participants sporting techniques.</p> | <p>Practical Sports focus/ retake units if necessary</p> |

Btec sport – tech award

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| Cycle 3 | Component 2 - Taking part and improving other participants sporting performance A – understand how different components of fitness are used in different physical activities B – To be able to participate in sport and understand the roles and responsibilities of officials C – Demonstrate ways to improve participants' sporting techniques. Career focus – Referee, coach, Performance analyst | |
| | May/June assessment Task 1 – 1 hour – written Task 2 – 1 hour practical video Task 3 – 1 hour - practical presentation Task 4 - 1 hour - practical video/written | |