



Venerable Bede CE Academy
Long Term Curriculum Plan
Subject: Physical Education – BTEC Sport

Curriculum Intent:

Through our curriculum, EVERY pupil is going to...

- **Develop** a love of learning, academic excellence and **perseverance** in a Christian context
- **Engage** in a wide range of opportunities in **joyful**, meaningful contexts to develop self-worth and mastery of knowledge and skills
- **Encourage** themselves and others to be aspirational and make **wise** choices so that they are prepared for life
- **Practise** equality of opportunity by valuing diversity, actively challenging prejudice and demonstrating **forgiveness** and **hope**

Year	Topic/Unit Title	Approximate Curriculum Hours	Assessment
Year 10	<p><i>Topic A.1 Components of physical fitness:</i> <i>Topic A.2 Components of skill-related fitness</i> <i>Topic A.3 Why fitness components are important for successful participation</i> <i>Topic A.4 Exercise intensity and how it can be determined</i> <i>Topic A.5 The basic principles of training (FITT):</i></p> <p><i>Topic B.1 & B.2 Requirements for each of the fitness training methods</i> <i>Topic B.3 Fitness training methods</i> <i>Topic C.1 Fitness test methods for components of fitness</i> <i>Topic C.2 Importance of fitness testing to sports performers</i> <i>Topic C.3 Requirements for administration of each fitness test</i> <i>Topic C.4 Interpretation of fitness test results</i></p>	30	Entry 1 for the online exam

	<p>Unit 3 – Applying the Principles of Training</p> <p>Pupils will be analysing their current levels of fitness and identifying their strengths and weaknesses – components of fitness.</p> <p>Pupils will investigate the short term effects of exercise on the different body systems.</p> <p>Pupils will plan and implement a six week training programme targeting their areas of focus for their sport and will evaluate all sessions.</p> <p>Pupils will evaluate their whole programme.</p>	30	<p>Complete Brief 1 - Design a personal fitness training programme identifying strengths and weaknesses in their sport.</p> <p>Complete Brief 2 - Investigate the different body systems and the effect exercise has on each system – short term.</p> <p>Complete Brief 3 - Implement a self-designed personal fitness training programme to achieve own goals and objectives</p> <p>Complete Brief 4 - Review a personal fitness training programme</p>
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Year 10 Homework Overview:

Due to the controlled assessment nature of the course, pupils will be unable to take any homework to complete. However, they will receive relevant homework from the teaching tasks completed.

Year 11	Unit 2 – Practical Sports Performance	30	<p>Complete Brief 1 - Understand the rules, regulations and scoring systems for selected sports</p> <p>Complete Brief 2 - Practically demonstrate skills, techniques and tactics in selected sports</p> <p>Complete Brief 3 - Be able to review sports performance</p>
	Unit 4 – The sports Performer in Action	30	<p>Complete Brief 1 – Know about the short-term responses and long-term adaptations of the body systems to exercise</p> <p>Complete Brief 2 – Know about the different energy systems used during performance</p>

Year 11 Homework Overview:

Due to the controlled assessment nature of the course, pupils will be unable to take any homework to complete. However, they will receive relevant homework from the teaching tasks completed.