



Year 11 BTEC Sport Tech Award Curriculum Summary



When?	Understanding	Knowledge	Assessment
<p>Autumn Half Term 1 & 2</p>	<p>Practical lessons will take place throughout the term alongside theory lessons. This term students will be studying the theory behind how the body reacts to exercise, and the short and long term benefits.</p>		
	<p>The Sports Performer in Action Learning aim A: Know about the short-term responses and long-term adaptations of the body systems to exercise</p> <p>For learning aim A, Learners look at the musculoskeletal and cardiorespiratory systems and how they function normally (before a training programme, taking part in exercise/sport regularly) and how they can function as a result of taking part in training/exercise/sport over a length of time.</p>	<p>Unit 5: The Sports Performer in Action -A.1 Short-term effects of exercise on the musculoskeletal system -A.2 Short-term effects of exercise on the cardiorespiratory system -A.3 Long-term adaptations of the musculoskeletal system -A.4 Long-term adaptations of the cardiorespiratory system</p>	<p>Short module tests Self-assessment of homework Peer assessment of homework Marking of other resources and discussions Course work consisting of PowerPoint and google slides presentations</p>
	<p>Learners will look at the energy systems for different sporting activities. So, if a performer needs energy quickly, they'll rely on energy already stored within the body. For a longer-term period of sport or exercise the body struggles to store a lot of energy, but it can make energy from resources inside and outside the body. By understanding how the body works and how it can be trained, as a sports performer or as a coach, can help to</p>	<p>Learning aim B: Know about the different energy systems used during sports performance</p> <ul style="list-style-type: none"> - The anaerobic energy system – not using oxygen ATP-CP/lactic acid anaerobic system - Glycolysis/lactic acid anaerobic system - The aerobic energy system – using oxygen 	<p>Short module tests Self assessment of homework Peer assessment of homework Marking of other resources and discussions Course work consisting of PowerPoint and google slides presentations</p>



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	<p>make the necessary adaptations in order to produce improved sports performance.</p>		
<p>Spring term 1 & 2</p>	<p>Practical lessons will take place throughout the term alongside theory lessons. This term students will be studying how to create a 6 week training program. This will require regular practical sessions where the learner will carry out their 6 week training program.</p> <p>: Applying the Principles of Personal Training - This unit is synoptic and designed so that learners think about all of the learning from across the qualification, and use it to respond to the assessment. Therefore it should be taken at the end of the course of study.</p> <p>Learning takes learners through the stages of designing a personal fitness training programme, where they can select a component of fitness and an appropriate method of training to improve or maintain their fitness levels safely for their chosen activity/sport.</p>	<p>Design a personal fitness training programme</p> <p>-Personal information to aid training programme design - Programme design</p>	<p>Short module tests</p> <p>Self-assessment of homework</p> <p>Peer assessment of homework</p> <p>Marking of other resources and discussions</p> <p>Assessment points which build a range of topics taught to date in</p> <p>Design and implementation of 6 week plan and gathering information to create plan</p>



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	Learners will gain awareness of the musculoskeletal and cardiorespiratory body systems and how they respond during the exercise	. Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training - B.1 Musculoskeletal system - B.2 Cardiorespiratory system	Self-assessment of homework Peer assessment of homework Marking of other resources and discussions on marks awarded and why. .Presentations on the different body systems and how they adapt during exercise
Summer term 1 & 2	Practical lessons will take place throughout the term alongside theory lessons. This term students will be studying how to create a 6 week training program. This will require regular practical sessions where the learner will carry out their 6 week training program, and in this section, the review		



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	<p>Learners will implement their personal fitness training programme, maintaining a training diary</p> <p>Using an appropriate training method (e.g. taking part in planned sessions), performing to the best of their ability, gaining agreement from coach/trainer for any missed sessions, understanding the importance of commitment.</p> <ul style="list-style-type: none"> ● Wearing correct training gear, safe and correct use of equipment, implementation of correct technique, awareness of wider safety issues, e.g. personal safety if training outdoors. ● Taking full responsibility for completing and recording details for each training session. 	<p>Learning aim C: Implement a self-designed personal fitness training programme to achieve own goals and objectives</p> <ul style="list-style-type: none"> - Safely implement a personal fitness training programme - Training diary for each session recording - Measures for success 	<p>Self-assessment of homework</p> <p>Peer assessment of homework</p> <p>Marking of other resources and discussions</p> <ul style="list-style-type: none"> - Safely implement a personal fitness training programme, along with a training diary listing changes and improvements



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	<p>Pupils will review their programme, looking at strengths, areas for improvement and suggesting recommendations for future training and performance.</p>	<p>Review a personal fitness training programme</p> <p>Review programme</p> <ul style="list-style-type: none">- Review, including short term physiological effects, improvements as a result of the programme to meet the activity/sport goal.- Strengths- Areas for improvement- Recommendations for improving future training and performance	<p>Self-assessment of homework</p> <p>Peer assessment of homework</p> <p>Marking of other resources and discussions</p> <p>Creating a review document listing what went well and improvements to be made. Along with recommendations for future plans</p>