



Holy Trinity

Btec Sport – Secondary

This subject is not offered at Key Stage 3

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y10	<p>Component 1- A1 Types and providers of sport and physical activities</p> <p>Component 1-A2 Types and needs of sport and physical activity participants</p>	<p>Component 1-A3 Barriers to participation in sport and physical activity for different types of A4-A4</p> <p>Methods to address barriers to participation in sport and physical activity for different types of participants</p>	<p>Component 1-B1 Different types of sports clothing and equipment required for participation in sport and physical activity</p> <p>B2 Different types of technology and their benefits to improve sport and physical activity participation and performance.</p> <p>Component 1 B3 The limitations of using technology in sport and physical activity</p>	<p>Component 1 C1 Planning a warm-up</p> <p>C2 Adapting a warm-up for different categories of participants and different types of physical activities</p> <p>C3 Delivering a warm-up to prepare participants for physical</p> <p>PSA planning and completion</p>	<p>Component 2: -A1 Components of physical fitness</p> <p>A2 Components of skill-related fitness</p> <p>B1 Techniques, strategies and fitness required for different sports</p>	<p>Component 2: B2 Officials in sport</p> <p>Learners will know the roles of different officials for a selected sport</p> <p>B3 Rules and regulations in sports</p>
Y11	<p>Component 2-C1 Planning drills and conditioned practices to develop participants' sporting skills. C2 Drills</p>	<p>PSA planning and completion</p>	<p>Component 3-AO2 Demonstrate an understanding of facts, components of fitness, fitness tests, training methods/processes/p</p>	<p>Component 3: AO3- Applying and understanding facts of components of fitness, fitness tests, training methods/processes</p>	<p>Exam revision/Consolidation for external exam</p>	

	<p>to improve sporting performance</p>		<p>principles in relation to improving fitness in sport and exercise</p> <p>Component 3-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>/principles in relation to fitness</p> <p>Component 3- AO4 Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes /principles in relation to improving fitness in sport and exercise</p>		