

YEAR 11 LEVEL 2 BTEC SPORT CURRICULUM MAP

	Term 1		Term 2		Term 3	
Unit Title	Unit 3: Applying the Principles of Personal Training.	Unit 3: Applying the Principles of Personal Training.	Unit 3: Applying the Principles of Personal Training.	Unit 4: The Mind and Sports Performance.	Unit 4: The Mind and Sports Performance.	Unit 4: The Mind and Sports Performance.
Approximate Number of Lessons	8	8	8	6	8	8
Curriculum Content	Learning aim A: Design a personal fitness training programme.	Learning aim B: Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training.	Learning aim C: implement a self-designed personal fitness training programme to achieve your own goals and objectives. Learning aim D: Review a personal fitness training programme.	Learning aim A: Investigating personality and its effect on sports performance.	Learning aim B: Explore the influence that motivation and self-confidence have on sports performance.	Learning aim C: Know about arousal and anxiety, and the effects they have on sports performance.
Links to prior learning	Links to unit 1 and Unit 2. Links to fitness units in year 9.			Links to Unit 3.		
Cultural Capital Opportunities	Keeping up to date with current sporting events. YouTube: Fittest on Earth – a decade of fitness. Attend a local sports clubs (speak to your teachers for advice). Read ‘How the body works: The Facts Simply Explained’			Read appropriate chapters of ‘The foundations of sport and exercise psychology’ YouTube: Sport Psychology – inside the mind of champion athletes. https://www.youtube.com/watch?v=yG7v4y_xwzQ		
Assessment Focus	Written report including a training programme.	Booklets and Posters.	Practically carrying out the programme and a written evaluation.	Preparing and delivering a PowerPoint presentation.	Booklet.	Preparing and delivering a PowerPoint presentation.
Name of Knowledge Organiser/Link to Organiser	Pages 63-69 in the specification.			Pages 81-87 in the specification.		