

Yearly Overview

Year 11 BTEC Sport

Progression of knowledge:

- Sports leadership

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<p>Prior knowledge: The physiological impact of engagement in sport and activity on the body systems.</p> <p>The psychological influence that motivation, self-confidence, and anxiety have on participation in sport and activity.</p> <p>Methods of training for sport and activity.</p>	<p>Prior knowledge: Understanding of the fundamentals of sport and activity leadership.</p>	<p>Prior knowledge: Understanding of the fundamentals of sport and activity leadership.</p>	<p>Prior knowledge: Understanding of the fundamentals of sport and activity leadership.</p>	<p>Prior knowledge: Students will have delivered their sessions and had feedback from their teacher to help with their review.</p>	<p>Prior knowledge: N/A</p>
Term 1 knowledge	Term 2 knowledge	Term 3 knowledge	Term 4 knowledge	Term 5 knowledge	Term 6 knowledge
<p>This term: Understand the fundamentals of sport and activity leadership:</p> <ul style="list-style-type: none"> • Attributes of a leader. • The benefits of participation in 	<p>This term: Planning sessions for target groups:</p> <ul style="list-style-type: none"> • Target Groups. • Types of sessions. • Sessions plans. 	<p>This term: Delivery of student lead sessions.</p>	<p>This term: Delivery of student lead sessions.</p>	<p>This term: Reviewing sessions for target groups:</p> <ul style="list-style-type: none"> • Methods of delivery/success. • Methods of reviewing. 	<p>This term: N/A</p>

sport and activity session.					
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Future Knowledge:

Students who wish to study at Level 3 will look at:

- Sports leadership in greater detail.
- Anatomy and physiology of the sportsperson, including energy systems.
- Lifestyle factors.
- Careers in sport.