Kingsmead Physical Education

BTEC Sport Learning Journey

Challenge • Achievement • Pride

Exceed your target grade

Submit your final piece of extended writing

C6: The effects of long-term fitness training on the body systems

C5: To understand the provision in taking part in fitness training methods

C3: Fitness training methods for skill-related components of fitness

C4: To understand additional requirements for each of the fitness training methods

C2: Fitness training methods for physical components of fitness

C1: To understand the Requirements for each of the following fitness training methods

LAC: Investigate different fitness training methods

B1: To understand the importance of fitness testing and requirements for administration of each fitness test

B3: To understand the different fitness tests methods for each component of skill related fitness.

LAB: Investigating fitness testing to determine fitness levels

A2: To understand the fitness training principles

LAA: Explore the importance of fitness for sports performance

A1: To understand the importance of fitness for successful participation in sport

A3: Understand the exercise intensity and how it can be determined

B2: To understand the different fitness tests methods for each component of health related fitness.

B4: To understand how to interpret fitness test results

Component 3

Submit final component 2 write up

C2: To understand and produce drills to improve sporting performance

C1: To understand and plan drills and conditioned practices to develop participants' sporting skills

LAC: Demonstrate ways to improve participants sporting techniques

B1: Understand techniques, strategies and fitness required for different sports

A2: Understand the components of skill related fitness.

LAA: To understand how different components of fitness are used in different physical activities

A1: Understand the components of physical fitness

LAB: Be able to participate in sport and understand the roles and responsibilities of officials

B2: To understand the roles of different officials in sport

B3: Understand the rules and regulations in different sports

Component 2

C2: Adapting a warm-up for different categories of participants and different types of physical activities

LAC: Be able to prepare participants to take part in physical activity

B3: The limitations of using technology in sport and physical activity

Submit final write up of component 1

C3: To understand how to effectively deliver a warm-up to prepare participants for physical activity

C1: Understand how to effectively plan a warm-up

LAB: Examine equipment and technology required for participants to use when taking part in sport and physical activity

B1: To understand different types of sports clothing and equipment required for participation in sport and physical activity

B2: Understand different types of technology and their benefits to improve sport and physical activity participation and performance

A3: To understand and discuss the barriers to participation in sport

A4: To understand the methods recommended to address these issues to affect participation sport

A1: understand the types of sport and provision in place and the advantages and disadvantages of these.

Complete a baseline assessment

Develop a passion for sport

Component 1

LAA: Explore the different types and provision of sport, fitness and outdoor activities.

Regularly attend after school sports clubs

Be recognized as an athlete with excellent academic potential

A2: To understand the different types and needs of participants and how this affects their physical, social and mental needs.

"I can accept failure; everyone fails at something. But I can not accept not trying." MICHAEL JORDAN