

BTEC Sport Curriculum Long Term Planning

		Term 1		Term 2		Term 3	
Year 10	Big Idea	Component One – Preparing Participants to Take Part in Sport and Physical Activity	Component One – Preparing Participants to Take Part in Sport and Physical Activity	Component One – Preparing Participants to Take Part in Sport and Physical Activity	Component One – Preparing Participants to Take Part in Sport and Physical Activity	Component One – Preparing Participants to Take Part in Sport and Physical Activity	Component Two – Taking Part and Improving Other Participants Sporting Performance
	Key Knowledge and skills	Students should understand the key barriers that stop different people taking part in sport, such as cost, time, confidence, motivation, disability, culture, and limited access to facilities. They should also know practical methods to overcome these barriers, including offering affordable sessions, adapted activities, inclusive coaching, accessible venues, community programmes, and supportive environments that encourage everyone to participate	Students should understand the different barriers that prevent people from taking part in sport, such as cost, confidence, motivation, time, accessibility, and cultural or personal circumstances. They should also know effective methods to reduce these barriers, including offering affordable sessions, adaptable activities, inclusive environments, improved facilities, community support, and targeted programmes that encourage participation for all types of participants	Students should understand the different types of sports clothing and equipment needed for safe and effective participation, including sport specific and protective items. They should also know how technologies—such as fitness trackers, video analysis, and performance apps—can improve participation and performance. Finally, students should recognise the limitations of technology, including cost, access, reliability issues, and the potential for	Students should understand how to plan an effective warm up that includes pulse raising, mobility, and preparation stretches linked to the main session. They should also know how to adapt warmups for different ages, abilities, and activity types. Finally, students should be able to deliver a safe, organised warmup that prepares participants physically and mentally for exercise.	Students should understand how to plan an effective warmup that includes pulse raising, mobility, and preparation stretches linked to the main session. They should also know how to adapt warmups for different ages, abilities, and activity types. Finally, students should be able to deliver a safe, organised warmup that prepares participants physically and mentally for exercise.	Students should understand how to plan effective drills and conditioned practices that develop specific sporting skills and link to session aims. They should also know a range of drills that improve performance through repetition, progression, and challenge. Finally, students should understand key leadership qualities—such as communication, organisation, motivation, and safety awareness—and how to apply them when delivering a structured, enjoyable sports session.

				overreliance on data.			
	End Point	Learning Outcome A Explore types and provision of sport and physical activity for different types of participant Types and providers of sport and physical activities Types and needs of sport and physical activity participants Benefits of exercise and physical activity	Learning Outcome A Explore types and provision of sport and physical activity for different types of participant Barriers to participation in sport and physical activity for different types of participant Methods to address barriers to participation in sport and physical activity for different types of participant	Learning Outcome B Examine equipment and technology required for participants to use when taking part in sport and physical activity Different types of sports clothing and equipment required for participation in sport and physical activity Different types of technology and their benefits to improve sport and physical activity participation and performance The limitations of using technology in sport and physical activity	Learning Outcome C Be able to prepare participants to take part in physical activity Planning a warm up Adapting a warm up for different categories of participants and different types of physical activities Delivering a warm up to prepare participants for physical activity	Learning Outcome C Be able to prepare participants to take part in physical activity Planning a warm up Adapting a warm up for different categories of participants and different types of physical activities Delivering a warm up to prepare participants for physical activity	Learning Outcome C Demonstrate ways to improve participants sporting techniques Planning drills and conditioned practices to develop participants' sporting skills Drills to improve sporting performance Understanding qualities of a leader and how to deliver a sports session
Year 11	Big Idea	Component Two – Taking Part and Improving Other Participants Sporting	Component Two – Taking Part and Improving Other Participants Sporting Performance Learning	Component Three – Developing Fitness to Improve Other Participants Performance in	Component Three – Developing Fitness to Improve Other Participants	Component Three – Developing Fitness to Improve Other Participants	

		Performance Learning		Sport and Physical Activity	Performance in Sport and Physical Activity	Performance in Sport and Physical Activity	
	Key Knowledge and skills	Students should understand the key techniques, strategies and fitness components required in different sports, recognising how skills and physical qualities influence performance. They should also know the roles and responsibilities of sports officials, including enforcing rules, ensuring safety and making fair decisions. Finally, students should understand the purpose of rules and regulations, how they shape gameplay and how governing bodies maintain and apply them	Students should understand the components of physical fitness, such as strength, endurance and flexibility, and the components of skill related fitness, including agility, balance and coordination. They should also know how each component affects sports performance, recognising how different fitness qualities improve efficiency, accuracy, speed and overall effectiveness in a wide range of sporting activities.	Students should understand why fitness testing is important and how each test must be correctly prepared and administered to ensure accuracy and safety. They should know the different fitness tests used to measure components of physical and skill related fitness, and be able to interpret results to identify strengths, weaknesses and areas for improvement in overall sports performance.	Students should understand the requirements for different fitness training methods and how they develop physical and skill related components of fitness. They should know the additional considerations needed for each method, the facilities and equipment required to participate safely, and how long term training affects the major body systems. This knowledge helps learners plan, apply and evaluate effective training to improve overall performance.	Students should understand why fitness is essential for successful sports participation, including how it supports performance, endurance and injury prevention. They should also know the key fitness training principles, such as specificity, progression and overload, and how these guide effective training. Finally, students should understand exercise intensity, how it is measured using methods like heart rate or RPE, and how it ensures training is safe and appropriately challenging. Students should understand how personal information is used to design an effective fitness training programme, how to structure that programme to meet	

						individual needs and goals, and how motivational techniques can support commitment, confidence and longterm adherence to training	
	End Point	Learning Outcome B Be able to participate in sport and understand the roles and responsibilities of officials Techniques, strategies and fitness required for different sports Officials and their roles and responsibilities in sport Rules and regulations in sports	Learning Outcome A Understand how different components of fitness are used in different physical activities Components of physical fitness Components of skill-related fitness The benefit and impact on sports performance of these components of fitness	Essential Content B Investigate fitness testing to determine fitness levels B1 Importance of fitness testing and requirements for administration of each fitness test B2 Fitness test methods for components of physical fitness B3 Fitness test methods for components of skill-related fitness B4 Interception of fitness test results	Essential Content C Investigate different fitness training methods C1 Requirements for each of the fitness training methods C2 Fitness training methods for physical components of fitness C3 Fitness training methods for skill-related components of fitness C4 Additional requirements for each fitness training method C5 Provision for taking part in fitness training methods	Essential Content A Explore the importance of fitness for sports performance A1 The importance of fitness for successful participation in sport A2 Fitness training principles A3 Exercise intensity and how it can be determined Essential Content D Investigate fitness programming to improve fitness and sports performance D1 Personal information to aid fitness training programme design	



					C6 The effects of long-term fitness training on the body systems	D2 Fitness Programme Design D3 Motivational techniques for fitness programming	
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