

Year 10 BTEC Sport Learning Journey



Well done!

- Move on to Year 2
- Summer holidays
- The final road begins

Gain an understanding of the roles & responsibilities of officials



Summer Term 2

Unit 7: Anatomy and Physiology for Sports Performance



Students will gain an understand of the rules, regulations and scoring systems for selected

Summer Term 1

Unit 5: Training for Personal Fitness

Unit 2- Practical Sports Performance



Design a personal fitness training programme

Spring Term 2

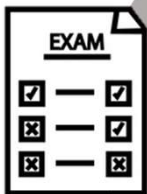
Review a personal fitness training programme

Unit 5: Training for Personal Fitness

Spring Term 1

Unit 4: The Sports Performer in Action

Gain and understanding about the different energy systems used during sports performance



Autumn Term 2

Gain an understanding of short-term responses and long-term adaptations of the body systems to exercise

Unit 4: The Sports Performer in Action

Unit 1: Fitness for Sport and Exercise

Explore different fitness training method



Gain an understanding of the FITT principle

Unit 1: Fitness for Sport and Exercise



Autumn Term 1

- The two-year journey to BTEC Sport begins

Student will gain an understanding of Components of physical fitness and skill-related fitness