

# Year 11 BTEC Sport Learning Journey

Well done!

- Completed year 2



**Summer Term 2**

**Unit 9: Lifestyle and Well-being**



Explore what makes a healthy diet and carry out dietary planning

Recap -

Unit 1

Unit 7



**Summer Term 1**

Understand risks and hazards associated with sports participation

**Unit 9: Lifestyle and Well-being**

**Unit 10: Injury and the Sports Performer**



Explore the influence that motivation and self-confidence have in sports



**Spring Term 2**

**Unit 3 -The Mind and Sports Performance**

**Unit 10: Injury and the Sports Performer**

Gain an understand personality and its effect on sports performance

**Spring Term 1**

**Unit 3 -The Mind and Sports Performance**



**Unit 1: Fitness for Sport and Exercise**

**Autumn Term 2**

Gain an understanding of structure and function of the musculoskeletal system

**Unit 7: Anatomy and Physiology for Sports Performance**

Explore different fitness training method



Gain an understanding of the FITT principle

**Unit 1: Fitness for Sport and Exercise**

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



- The final-year of your journey to BTEC Sport begins

**Autumn Term 1**