



# Denton Community College 2019/20

## Departmental Curriculum Map

### Subject: BTEC Sport

### Year Group: 10



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topics</b>	<b>C1 - LA.A</b> Investigate the impact of sport and activity on the body systems	<b>C2 - LA.A</b> A - Training to improve fitness for sport and activity	<b>C2 - LA.B</b> B - Nutrition for sport and activity	<b>C2 - LA.C</b> C - The psychological influence that motivation, self-confidence and anxiety have on participation in sport and activity	<b>C2 - LA.A, LA.B &amp; LA.C</b> Content taken from Autumn term 2 - Spring term 2.	<b>C1 - LA.B</b> Explore common injuries in sport and activity and the methods of rehabilitation
<b>What will students learn during this unit?</b>	A1 - The body systems A2 - Physiological impact of engagement in sport and activity on the body systems	A1 - Interpreting fitness data in relation to sport and activity A2 - Methods of training for sport and activity A3 - The FITT principles of training A4 - Understanding fitness programmes	B1 - Macronutrients - Carbohydrates/ Proteins/Fats B2 - Micronutrients - Vitamins/Minerals B3 - Hydration B4 - Improving nutrition for sport and activity	C1 - The impact of motivation on participation in sport and activity C2 - The impact self-confidence can have on participation in sport and activity C3 - The impact of anxiety on participation in sport and activity	Component 2 exam is in May. Students will work on mock exam papers, exam style questions and extended responses when they return after the easter break until the exam.	B1 - Common sporting injuries B2 - Causes of common sporting injuries B3 - Management and rehabilitation of common sporting injuries
<b>When will students be assessed?</b>	Students will have 4 weeks of learning and 3 weeks working on	Every 3 weeks on a piece of extended writing and every half	Every 3 weeks on a piece of extended writing and every half	Every 3 weeks on a piece of extended writing and every half	Every 2 weeks on an extended exam question, mock exam	Students will have 4 weeks of learning and 3 weeks working on



<b>Links to the National Curriculum</b>						
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