



## Year 11 Curriculum Overview

**Rationale:** The Year 11 curriculum is designed to give students the knowledge and understanding of components of fitness, fitness tests and training methods in relation to improving fitness in sport and exercise. Students will experience a range of modules which will help them demonstrate their ability to apply and make connections with different sporting concepts.

Term/Length of Time	Outline	Assessment/Teacher Feedback Opportunities	Homework and Literacy resources
Autumn Term	<b>Component 3: Developing fitness to improve other participants performance in sport and physical activity</b>		
	<b><i>Learning Aim A: explore the importance of fitness for sports performance</i></b>  A1 – The importance of fitness for successful participation A2 – FITT (frequency, intensity, time, type) & the additional principles of training A3 – Exercise intensity	<b>Learning Aim A</b>  <b>End of Topic Assessment (practice exam questions)</b>	<b>Minimum homework expectation - to be set on G4S</b> <ul style="list-style-type: none"> <li>- Completion of the Components of Fitness learning mat</li> <li>- Completion of the Principles of Training/ Exercise Intensity learning mat</li> <li>- Completion of the Fitness Testing learning mat</li> <li>- Completion of the Fitness Training Methods learning mat</li> <li>- Completion of the Provision/ Long Term effects of training/ Fitness Training Programme learning mat</li> <li>- Creation of revision resources to suit learner revision style (e.g. flash cards, mind maps, key word banks etc).</li> <li>- Completion of key word banks</li> <li>- Revision for spelling tests (use of key word banks)</li> <li>- Literacy consolidation word level tasks (e.g. Just a Minute/ Taboo)</li> <li>- Literacy consolidation sentence level tasks (e.g. Bingo, key definition match up tasks)</li> </ul>
	<b><i>Learning Aim B: Investigate fitness testing to determine fitness levels</i></b>  B1 – Fitness testing (Aerobic endurance and Muscular endurance, Muscular strength, Speed, Flexibility, Body composition)	<b>Learning Aim B</b>  <b>End of Topic Assessment (practice exam questions)</b>  <b>Dec Mock (Component 3 Learning Aim A/B)</b> <b>1hr paper</b>	

	B2 – Fitness testing (Agility, Balance, Coordination, Power, Reaction time)		<ul style="list-style-type: none"> <li>- Literacy consolidation text level tasks (e.g. 6 mark questions and answers, classroom debates)</li> </ul>
Spring Term	<b><i>Learning Aim C: Investigate different fitness training methods</i></b>  C1 – Requirements for testing C2 – Training methods C3/C4 – Advantages and disadvantages of training methods C5 – Provision for fitness training methods C6 – Long term effects of training	<b>Learning Aim C</b>  <b>End of Topic Assessment (practice exam questions)</b>	<b>Optional homework tasks and Literacy resources</b> <ul style="list-style-type: none"> <li>- BTEC Tech Award 2022 Sport – Student Book: <a href="https://www.pearsonschoolsandfecolleges.co.uk/fe-vocational/subjects/sport-fe-vocational/btec-tech-award-2022-sport/btec-tech-award-2022-sport-student-book">https://www.pearsonschoolsandfecolleges.co.uk/fe-vocational/subjects/sport-fe-vocational/btec-tech-award-2022-sport/btec-tech-award-2022-sport-student-book</a></li> <li>- Additional revision using student exercise books for end of topic assessments (Learning Aims A/B/C/D)</li> </ul>
	<b><i>Learning Aim D: Investigate fitness programming to improve fitness and sports performance</i></b>  D1/D2 – Fitness training programme design D3 – Motivational techniques and goals	<b>Learning Aim D</b>  <b>End of Topic Assessment (practice exam questions)</b>	
Summer Term	Exam Provision and Preparation	<b>Component 3 Summer Exam</b> <b>Component 3:</b> Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity (1 hour 30 minutes/ 60 marks) <a href="https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html">https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html</a>	<b>Minimum homework expectation - to be set on G4S</b>  <b>Optional homework tasks and Literacy resources</b> <ul style="list-style-type: none"> <li>- Additional revision using student exercise books for end of topic assessment</li> <li>- Past paper questions:</li> <li>- <a href="https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html">https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html</a></li> </ul>

			<a href="https://2022.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments">2022.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments</a>
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for all and in all that we do