



BTEC SPORT - KS5

Year 12

Half Term 1

Fitness training and programming for health, sport and wellbeing: examine lifestyle factors and their effects, examine training methods for different components of fitness.

Half Term 2

Anatomy and physiology: the effects of exercise and sports performance on the respiratory system and cardiovascular system.

Half Term 3

Anatomy and physiology: the effects of exercise and sports performance on the energy systems.
Exam preparation.

Half Term 4

Practical sports performance: national governing body rules, laws and regulations.

Half Term 5

Practical sports performance: examine and develop the skills, techniques and tactics required to perform.

Half Term 6

Practical sports performance: reflect on practical performances using selected assessment methods.

Year 13

Half Term 1

Fitness training and programming for health, sport and wellbeing: examine lifestyle factors and their effects, examine training methods for different components of fitness.

Half Term 2

Fitness training and programming for health, sport and wellbeing: understand the health screening processes, examine training methods for different components of fitness.

Half Term 3

Fitness training and programming for health, sport and wellbeing: understand programme-related nutritional needs, training programme design.
Exam preparation.

Half Term 4

Professional development in the sports industry: career and job opportunities, undertake a recruitment activity.

Half Term 5

Professional development in the sports industry: analyse personal skills to inform career development action plan, undertake a recruitment activity.

Half Term 6

Professional development in the sports industry: analyse personal skills to inform career development action plan, undertake a recruitment activity and reflect on individual performance.

