

# KS4

## Topic Overview BTEC

### Sport



<b>Year 1</b>	
<b>Autumn Term</b>	
<b>Topic 1</b>	<b>Taking Part in Exercise and Fitness</b>
<b>Topic 2</b>	<b>Taking Part in Sport</b>
<b>Spring Term</b>	
<b>Topic 3</b>	<b>Taking Part in Exercise and Fitness</b>
<b>Topic 4</b>	<b>Assisting a Leader of Sports or Active Leisure Activities to Plan and Deliver an Activity</b>
<b>Summer Term</b>	
<b>Topic 5</b>	<b>Assisting a Leader of Sports or Active Leisure Activities to Plan and Deliver an Activity</b>
<b>Topic 6</b>	<b>Taking part in Sport</b>

# KS4 Topic Overview BTEC Sport



<b>Year 2</b>	
<b>Autumn Term</b>	
<b>Topic 1&amp;2</b>	<b>Planning Own Fitness Programme Taking Part in Exercise and Fitness</b>
<b>Spring Term</b>	
<b>Topic 3</b>	<b>How the Body works</b>
<b>Topic 4</b>	<b>Working as a Team</b>
<b>Summer Term</b>	
<b>Topic 5</b>	<b>How the Body Works</b>
<b>Topic 6</b>	<b>Working as a Team</b>

# KS4 BTEC Sport and Active Leisure Overview Descriptions



<b>Autumn Term</b>	
<b>Year 1</b>	
<b>Topic 1</b>	This unit will introduce learners to a range of exercise and fitness classes and ways in which a person can keep fit. The main aim of the unit is for learners to participate actively in these exercise and fitness sessions so that they understand what each entails. The unit should also give learners the confidence to participate in exercise and fitness sessions by themselves in the future. This will help to give learners the confidence and knowledge of different types of exercise and fitness classes to support progression into the health and fitness industry.
<b>Topic 2</b>	Learners who are interested in working in the sports industry need to understand the wide range of team and individual sports that may be available in the different sports industries in which they would like to work. Learners may aspire to work as sports leaders, for which they will need to know the rules of the sport, the appropriate clothing, the equipment required to participate in the sport, and the skills and techniques necessary to play the sport. This unit has been designed to help the learner gain these skills and knowledge through active participation in a range of team and individual sports. Having experienced different team and individual sports, learners will be encouraged to reflect on their own performance. They will be encouraged to identify what they were good at and what areas they could improve.
<b>Year 2</b>	
<b>Topic 1</b>	This unit introduces learners to the five different components of physical fitness and the different types of training available for each component. Learners will then have the opportunity to participate in training for each component of fitness. Learners will cover basic fitness testing, which will help them to determine if their fitness training is meeting its objectives.
<b>Topic 2</b>	This unit will introduce learners to a range of exercise and fitness classes and ways in which a person can keep fit. The main aim of the unit is for learners to participate actively in these exercise and fitness sessions so that they understand what each entails. The unit should also give learners the confidence to participate in exercise and fitness sessions by themselves in the future. This will help to give learners the confidence and knowledge of different types of exercise and fitness classes to support progression into the health and fitness industry.
<b>Spring Term</b>	
<b>Year 1</b>	
<b>Topic 3</b>	Learners will be asked to research exercise and fitness activities and facilities, either in their local area or nationally. While undertaking a range of exercise and fitness activities the learner will need to demonstrate work-related skills, for example time management, appropriate dress code, ability to follow instructions, and health and safety issues. After practical participation in a range of exercise and fitness activities, learners will be able to reflect on their performance. From this, learners can then select exercise and fitness classes that they would like to continue with.
<b>Topic 4</b>	This unit gives learners an introduction to planning and leading sports and active leisure activities. It provides them with what could be their first step into leadership and making sports and active leisure sessions structured and exciting for the participants. Leadership skills play a key role in working in the sports sector as a coach or exercise instructor. In such roles, a person will need to be able to identify the skills and qualities of a leader, and some of this knowledge and experience can be gained from this unit. Learners will identify these qualities by studying real examples of sport and active leisure leaders, possibly those they have worked with or observed in the community. The unit introduces the planning process involved in sports and active leisure leadership, and learners are given the opportunity to put this into practice by assisting the organisation and delivery part of a sport or active leisure sessions.
<b>Year 2</b>	
<b>Topic 3</b>	The skeletal system, the muscular system, the cardiovascular system and the respiratory system are the main body systems explored in this unit. Learners will gain an understanding of the basic function of each system. They will also learn some of the major bones and major muscles of the body. Knowledge of this anatomical terminology is required for any person who wants to work in the sport and active leisure industry. This unit provides good underpinning knowledge for progression routes into working in the sport and active leisure industry, such as personal training, exercise instruction coaching.
<b>Topic 4</b>	
<b>Summer Term</b>	
<b>Year 1</b>	
<b>Topic 5</b>	This unit gives learners an introduction to planning and leading sports and active leisure activities. It provides them with what could be their first step into leadership and making sports and active leisure sessions structured and exciting for the participants. Leadership skills play a key role in working in the sports sector as a coach or exercise instructor. In such roles, a person will need to be able to identify the skills and qualities of a leader, and some of this knowledge and experience can be gained from this unit. Learners will identify these qualities by studying real examples of sport and active leisure leaders, possibly those they have worked with or observed in the community. The unit introduces the planning process involved in sports and active leisure leadership, and learners are given the opportunity to put this into practice by assisting the organisation and delivery part of a sport or active leisure sessions.
<b>Topic 6</b>	Learners who are interested in working in the sports industry need to understand the wide range of team and individual sports that may be available in the different sports industries in which they would like to work. Learners may aspire to work as sports leaders, for which they will need to know the rules of the sport, the appropriate clothing, the equipment required to participate in the sport, and the skills and techniques necessary to play the sport. This unit has been designed to help the learner gain these skills and knowledge through active participation in a range of team and individual sports. Having experienced different team and individual sports, learners will be encouraged to reflect on their own performance. They will be encouraged to identify what they were good at and what areas they could improve.
<b>Year 2</b>	
<b>Topic 5</b>	The skeletal system, the muscular system, the cardiovascular system and the respiratory system are the main body systems