

# Year 11 – BTEC SPORT Programme of Study

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Unit 6 – Leading Sports Activities (Theory)</b></p> <p><b>Knowledge:</b> Attributes of a Sports Leader</p> <p><b>Assessment:</b> Unit 6, Assignment A</p>	<p><b>Unit 6 – Leading Sports Activities (Theory and Practical)</b></p> <p><b>Skills:</b> Undertake the planning and leading of sports activities</p> <p><b>Knowledge:</b> Attributes of a Sports Leader</p> <p><b>Assessment:</b> Unit 6, Assignment B</p>	<p><b>Unit 3 – Applying the principles of personal training (Theory)</b></p> <p><b>Knowledge:</b> Musculoskeletal system, Cardiorespiratory system, Short term effects of exercise.</p> <p><b>Assessment:</b> Unit 3, Assignment B</p>	<p><b>Unit 3 – Applying the principles of personal training (Practical)</b></p> <p><b>Skills:</b> Training techniques, Implement a self-designed personal fitness training programme.</p> <p><b>Assessment:</b> Unit 3, Assignment C</p>	<p><b>Unit 3 – Applying the principles of personal training (Theory)</b></p> <p><b>Skills:</b> Review personal fitness training programme</p> <p><b>Assessment:</b> Unit 3, Assignment D</p>	
<p><b>Unit 6 – Leading Sports Activities (Theory and Practical)</b></p> <p><b>Skills:</b> Undertake the planning and leading of sports activities</p> <p><b>Knowledge:</b> Attributes of a Sports Leader</p> <p><b>Assessment:</b> Unit 6, Assignment B</p>	<p><b>Unit 6 – Leading Sports Activities (Theory)</b></p> <p><b>Skills:</b> Review the planning and leading of sports activities</p> <p><b>Knowledge:</b> Attributes of a Sports Leader</p> <p><b>Assessment:</b> Unit 6, Assignment C</p>	<p><b>Unit 3 – Applying the principles of personal training (Theory)</b></p> <p><b>Knowledge:</b> Goal Setting, Methods of Training, Exercise Intensity, Principles of Training, Warm Ups and Cool Downs.</p> <p><b>Assessment:</b> Unit 3, Assignment A</p>			