



PE & BTEC SPORT - CURRICULUM MAP

Year Group	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Key Stage 3 Route A	Gymnastics / Parkour		Badminton		Netball	
Key Stage 3 Route B	Volleyball		Hockey		Football	
Key Stage 3 Theory Topics	Year 7	Benefits of physical exercise- Social, mental and physical. Skeletal system- names of bones and locations Types of joints, locations and movement Muscular system- names of muscles and locations Warming up and cooling down- benefits. Design a warmup. Stretching. What stretches benefit each muscle.	Healthy eating – a balanced diet Sporting role models Components of fitness- health and skill related components, what sports use which components.		Health and safety in sport. Role of the official Technology in sport Sedentary lifestyles Aerobic and anaerobic exercise- examples	
	Year 8	Good and bad sportsmanship and examples of this in sport. Sporting role models Smarter target setting Immediate, short and long-term effects of exercise Recap of components of fitness What sports use which components of fitness and why.	Recap of components of fitness. Component of fitness testing. Validation of results Barriers to participation Motivation- what is motivation, types of motivation, things that motivate us. Self-confidence- what is self-confidence, benefits of self-confidence, methods to increase self-confidence.		Complete 3-week fitness plan sessions from year 9 students. Give feedback and evaluation. Commercialisation in sport The effects of media on sport- types of media, influences of the media. Sponsorship in sport- types of sponsorship, benefits/ disadvantages for sport, benefits and disadvantages for sponsors.	
	Year 9	Qualities of a good sports coach. Roles and responsibilities of a sports coach. Techniques used by sports coaches.	Performance enhancing drugs. Recap of components of fitness FITT principles.		Sport role models Introduction to BTEC tech awards qualification	

		<p>Health and safety- warming up and cooling down. How to deliver a good coaching session Planning of a sports coaching session Delivering the sports coaching session Feedback and evaluation of session Recap of skeletal system and muscular system Sporting injuries and teaching methods.</p> <p>Cross Curricular Links: Science</p>	<p>Other fitness training principles Fitness training methods- which methods are best for which sport. Design fitness plan to help improve selected components of fitness for year 8 students.</p> <p>Cross Curricular Links: Science</p>	<p>Component 1: preparing participants to take part in sport and physical activity.</p> <p>Cross Curricular Links: Science</p>
YEAR 10 BTEC Sport	Topics	<p>Component 1 Preparing participants to take part in sport and physical activity.</p>	<p>Component 2 Taking part and involving other participants in sporting performance.</p>	
YEAR 11 BTEC Sport	Topics	<p>Component 3 Developing fitness to improve other participants in performance in sport and physical activity.</p>		