



**BTEC Level 3 Certificate
BTEC Level 3 Extended Diploma
A-level Physical Education
Apprenticeships**



BTEC SPORT L2 Learning Journey

Learning Journey Key

- Red circle = U1 Exam
- Blue circle = U2 Practical Sports Performance
- Yellow circle = U3: Applying the Principles of Training
- Green circle = U6: Leading Sports Activities
- Pink circle = Dual Careers Content

Final decision
-Sixth form
/College/
Apprenticeship

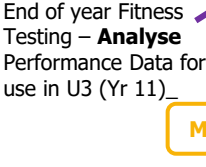
Unit 1:
Online Exam
-Revision
and Attempt
2 (If
Required)



Unit 3: Applying the
Principles of Personal
Training Aim A
Interpreting test data and
Analysing information to
best inform training
program



End of year Fitness
Testing – **Analyse**
Performance Data for
use in U3 (Yr 11)



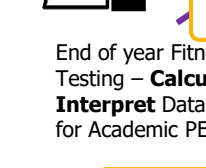
Unit 1: Fitness for sport and
Exercise: Learning Aim A
Must **Know** about the
components of fitness and the
principles of training and **Apply**
them to sporting situations



Unit 1: Online Exam –
Revision and
Attempt 1



Unit 1: Practical
Demonstrate
and **Apply**
Fitness training
methods and
tests to a
sporting
situation of
own choice.



Unit 1: Fitness for sport and
Exercise: Learning Aim B
- **Identify** and **explain** the
fitness training methods for
each component of fitness.
- **Evaluate** and **Analyse**
existing training methods
and **suggest** improvements



Unit 1: Practical
Demonstrate
and **Apply**
Fitness training
methods and
tests to a
sporting
situation of
own choice.



Unit 1: Fitness for sport and
Exercise: Learning Aim C
- **Identify** and **explain** the
procedures of the fitness
tests for each component of
fitness.
- **Evaluate** and **Discuss**
the validity and reliability of tests
and **suggest** improvements



Unit 6 – Leading Sports Activities Learning Aim C
- **Review & Evaluate** your own effectiveness as a sports leader within the session you planned and delivered.
- **Analyse** your strengths within the process of sports leadership
Suggest plans further developing your ability as a sports leader.



Unit 6 – Leading Sports Activities Learning Aim B
- **Create** a coaching session for a younger group of students
- **Deliver** session with observation from your teacher
- **Evaluate** the feedback on your coaching from other students and staff

Intervention & Revision
Tutor, Break, Lunch time
and After School

Biology

Unit 3: Applying the Principles of Personal Training Aim B
- **Identify** and **Explain** the musculoskeletal and cardiorespiratory systems
- **Understand** how and why they respond to training

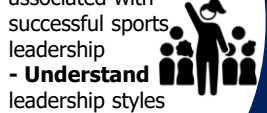


UCFB
Wembley
University
Trip –
Careers
in Sport

English Speaking

Unit 3: Applying the Principles of Personal Training Aim D
Assess and **Review** training program and **suggest** improvements for future training

Unit 6 – Leading Sports Activities Learning Aim A
- **Know** the attributes associated with successful sports leadership
- **Understand** leadership styles
- **Assess** own personal qualities as a leader



Research Project:
Careers in coaching



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Demonstrate coaching abilities and **create** sports day games at local primary school Sports Day events

Unit 2: Practical Sports Performance Learning Aim C
- **Evaluate** performance in 2 selected sports
- **Identify** and **Explain** strengths and areas for improvement in each performance
- **Suggest** actions for future improvements

Work Experience

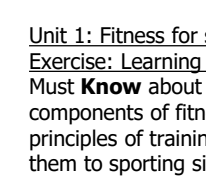
Unit 3: Applying the Principles of Personal Training Aim C
- Implement your personal fitness training programme, maintaining a training diary.
- Demonstrate improvement in the chosen sport and Component of Fitness.



Unit 2: Practical Sports Performance Learning Aim A
- **Identify** and **Explain** the rules, regulations, scoring system and officials in 2 sports.
- **Demonstrate** Officiating in one sport practically
- **Evaluate** and **Compare** two contrasting sports and their officials roles and responsibilities



Unit 2: Practical Sports Performance Learning Aim B
- **Identify** key techniques and tactics in each of the selected sports



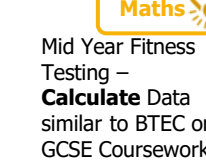
Unit 2: Practical Sports Performance Learning Aim B
- Practically **Demonstrate** skills in isolation and game play in 2 selected sports.



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Intro to BTEC Sport
- **Understand** what BTEC Sport L2 is?
- **Understand** Course breakdown
- **Demonstrate & Apply** expectations Of course.
- **Identify** your two Strongest sports

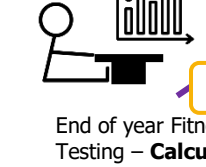
SCHOOL INFORMS YOU IF YOU ARE STUDYING GCSE PE OR BTEC SPORT

Unit 1: Fitness for sport and Exercise: Learning Aim B
- **Identify** and **explain** the fitness training methods for each component of fitness.
- **Evaluate** and **Analyse** existing training methods and **suggest** improvements

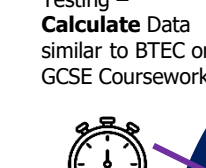
Unit 1: Practical **Demonstrate** and **Apply** Fitness training methods and tests to a sporting situation of own choice.

Track & Field: .
Understand Levers and forces of the body

Unit 1: Fitness for sport and Exercise: Learning Aim A
Must **Know** about the components of fitness and the principles of training and **Apply** them to sporting situations



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Demonstrate coaching abilities and **create** sports day games at local primary school Sports Day events

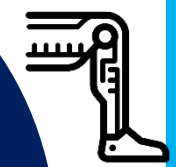
Deeper Understanding of Components of fitness and Training Methods
Evaluate suitable training methods or specific sports performers

Solent University Trip – Understand different careers in sport.

GCSE & BTEC – **Apply** Components of Fitness requirements for sports



Science



Track & Field: .
Replicate advanced techniques within competitive running, jumping and throwing event.



Team Invasion Games – Agility / Speed
Know lines and areas on court/pitch. **Develop** knowledge of playing positions/tactics. **Develop** techniques for advanced skills. **Officiate** games
Develop a greater repertoire of skills.



Team Invasion Games
Know of all positions. **Understand** umpiring decisions and coaching instruction

GCSE/BTEC – Introduction to Practical Assessment
What is it?



Gym Induction
To aid **understanding of how to be safe in the gym and to support your coursework**

What do you already **know** that can help you in GCSE PE / BTEC Sport?



YEAR 9

Baseline Test

Practical Sport – Hand eye Co-ordination Skills / **Understand** Rules /Tactics/ Techniques
Warm up independently. **Identify** some muscles names

GCSE/BTEC theory – **Understand** how Components of Fitness improve your training



Practical Sport – Multiskills Introduction to warm up skills
Know Racket Skills
Understand Rules /Tactics/ Techniques

Fitness Testing Introduction and **understand** testing methods – for GCSE/BTEC Coursework

Before LeAF Studio?
Physical Performance Assessment
Highlighted areas to develop
Courses – subject support work
Club / Sport competition

